

hotslings®
instruction booklet



video instructions
ONLINE
at www.hotslings.com

Hotslings video instructions are **available** exclusively online to guide you in using your Hotslings AP.

To view the videos visit www.hotslings.com and click "INSTRUCTIONS." Here you will find links for adjusting, cradle carry, front carry & hip carry. **Note that regardless of the pouch style, the carrying positions remain the same.**



The move to online instructions is Hotslings' effort to reduce our carbon footprint & maintain the social, economic & ecological needs of present & future generations.

anatomy of a sling

Wearing Shoulder-

Shoulder covered
by sling.

Red Arrow-

Located on
inside of
pouch next to
caution label.

Buckle & Strap-

Two buckles with straps
infinitely adjust to give
you the best Hotslings fit.

Good Fit Zone-

Sling should sit
at belly button or
slightly below.



Sleek Padding-

Sling is lightly
padded on both
sides for structure
in the cradle carry &
added comfort for
baby in the hip carry.

Seam & "hs" Tag-

Where sling is sewn
together. Use to align
sling and find best fit.

adjust it

1 Adjust your sling before putting baby in. Out of the package, the Hotslings AP fits the largest in our caregiver size range. To make the sling smaller, pull the straps through the buckles.

2 While holding the buckle, pull each strap equally to tighten the sling to desired tightness. **Without** baby in sling, check for correct fit by placing the pouch on your shoulder (red arrow against your body, pointing toward your neck). **The "HS" tag should be at the top of your hip bone or approximately 3 inches below your belly button.**

3 Place baby carefully in sling according to the directions in the sections that follow.

4 If sling feels comfortable at this size, you are ready to go. If sling is too loose or too tight, take baby out of sling and adjust slightly by pulling the buckles though the straps until you have a good fit.

5 Baby should be high and tight with the lowest part of the sling near your belly button. If sling is fully extended and does not fit, please remember that hotslings AP comes in 2 sizes (Regular & Large).



put it on

1 Place sling on either shoulder with "red arrow" against your body pointing towards your neck. Arrow's location on body will vary. Buckles may be on your front or your back.

2 Align "HS" tag under breast opposite "wearing shoulder."

3A. Buckle Placement - Right Shoulder : Buckles and straps will rest on the front of your shoulder facing out. See photos.

3B. Buckle Placement - Left Shoulder : Buckles and straps will rest on your back facing out. See photos.

4 Shoulder choice is your preference. We recommend switching shoulders throughout the day for maximum comfort.



cradle carry

8 lbs - 4 mos



1. Put sling on shoulder. Line up "HS" tag under breast opposite wearing shoulder. Hold baby in arm of "wearing shoulder" & cross baby's feet.



2. Open the outer edge of the sling so it clears the baby's bottom. Line up the seam with the baby's bottom.



3. Lower him in bottom first, sliding his back down your front. Baby's feet will be crossed and on top of his body.



4. Use arm to support baby's head as you slide baby down into the sling. Baby should be between the two layers of fabric.



5. Do not put baby's head in until baby's bottom is all the way at the bottom of the sling. Now cradle his head with the side of the sling.



6. Baby should sit semi-reclined. Baby's chin should not be pressed against his chest. Regularly monitor your baby's breathing while in this position.

front carry

2 - 8 mos



1. Put sling on desired shoulder. Line up "HS" tag under breast opposite "wearing shoulder." This position is for babies with full head and neck control.

2. Hold baby high up on your chest, her back to your front, slightly facing sideways (away from "wearing shoulder").

3. Find the sling opening. Cross baby's legs and put them on top of baby's body. Grab "padding."



4. Lower baby's bottom into the sling. Baby should be between the two layers of fabric. The seam should be in front of baby.

5. Baby's weight should be tipped toward you and resting back against your body. Baby may be facing forward or sideways.

6. Check to make sure baby's bottom and legs are between fabric layers. Baby's arms can be in or out. Head support should not be necessary at this stage.

hip carry

6 - 8 mos +



1. Put sling on desired shoulder. Line up "HS" tag under breast opposite "wearing shoulder."

2. Hold baby with his tummy on your shoulder opposite "wearing shoulder."

3. Put baby's feet all the way through. Make sure the "seam" is in line with baby's spine.



4. Open folds of sling to make a seat. Drop baby into seat by lowering baby's bottom between layers of fabric.

5. Bottom "padding" should be under baby's bent knees and top "padding" can be pulled up over baby's back.

6. Baby's bent legs should straddle your waist and his bottom should be below his knees. Periodically bend baby's knees to keep baby's legs comfortable.

SAFETY PRECAUTIONS

IMPORTANT! KEEP FOR FUTURE REFERENCE

- 1 READ & FOLLOW ALL PRINTED INSTRUCTIONS AND VIEW INSTRUCTIONAL VIDEOS BEFORE USE.
- 2 USE COMMON SENSE.
- 3 CHECK FOR RIPPED SEAMS, TORN STRAPS, OR FABRIC & DAMAGED HARDWARE BEFORE EACH USE.
- 4 WEAR YOUR SLING HIGH & TIGHT! WEARING A SLING TOO LOW CAN BE DANGEROUS.
- 5 ENSURE THAT THE BABY IS SAFELY POSITIONED IN THE SLING CARRIER ACCORDING TO MANUFACTURER'S INSTRUCTIONS FOR USE.
- 6 CHECK ALL AROUND THE SLING TO BE SURE ALL THE BABY'S APPROPRIATE PARTS ARE SAFELY ENCLOSED IN THE SLING ACCORDING TO THE INSTRUCTIONS.
- 7 NEVER LEAVE A BABY IN A SLING CARRIER THAT IS NOT BEING WORN.
- 8 DO NOT LEAVE A SLEEPING BABY ALONE ON ANY SURFACE (CRIB/BED/FLOOR) ENTANGLED IN A SLING. ALSO, THE SLING SHOULD BE REMOVED BEFORE THE BABY IS BUCKLED INTO A CAR SEAT.
- 9 CHECK ON THE BABY OFTEN. ENSURE THAT THE BABY IS PERIODICALLY REPOSITIONED.

SAFETY PRECAUTIONS CONTINUED

IMPORTANT! KEEP FOR FUTURE REFERENCE

- 10 IF USING THE SLING WHILE BREASTFEEDING, ALWAYS MOVE THE BABY'S FACE AWAY FROM THE BREAST AFTER THE BABY IS DONE FEEDING.
- 11 NEVER USE A SLING CARRIER WHEN BALANCE OR MOBILITY IS IMPAIRED BECAUSE OF EXERCISE, DROWSINESS, OR MEDICAL CONDITIONS.
- 12 NEVER PLACE MORE THAN ONE BABY IN THE SLING CARRIER. NEVER USE/WEAR MORE THAN ONE CARRIER AT A TIME.
- 13 NEVER USE SLING CARRIER WHILE ENGAGING IN ACTIVITIES SUCH AS COOKING AND CLEANING WHICH INVOLVE A HEAT SOURCE OR EXPOSURE TO CHEMICALS.
- 14 DO NOT USE DURING SPORTING ACTIVITIES.
- 15 NEVER WEAR SLING CARRIER WHILE DRIVING OR BEING A PASSENGER IN A MOTOR VEHICLE.
- 16 DO NOT TAKE BOTH HANDS OFF A SQUIRMING, UNCOOPERATIVE BABY.
- 17 SAFE FOR BABIES 8 LBS – 35 LBS.
- 18 MACHINE WASH COLD & TUMBLE DRY ON LOW.

*Neither Hotslings, LLC nor its affiliates, distributors, or partners are responsible for accidents or injuries that occur from improper use.

WARNING -FAILURE TO FOLLOW THE MANUFACTURER'S INSTRUCTIONS CAN RESULT IN DEATH OR SERIOUS INJURY

READ INSTRUCTIONS TO ENSURE THAT THIS CARRIER IS YOUR CORRECT SIZE. FOR BABIES BETWEEN 8LBS–35LBS. NEVER USE THIS CARRIER FOR A PRETERM INFANT WITHOUT SEEKING THE ADVICE OF A HEALTHCARE PROFESSIONAL. FOLLOW THE MANUFACTURER'S RECOMMENDED WEIGHT RANGE WHEN USING THIS CARRIER.

WARNING-FALL HAZARD

LEANING, BENDING OVER, OR TRIPPING CAN CAUSE BABY TO FALL. KEEP ONE HAND ON BABY WHILE MOVING.

Read & follow all printed instructions and view instructional videos at www.Hotslings.com before use.

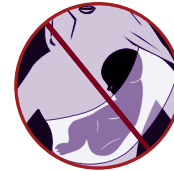
WARNING-SUFFOCATION HAZARD

BABIES CAN SUFFOCATE FROM IMPROPER USE.

- ENSURE THE INFANT'S FACE IS ABOVE THE FABRIC, VISIBLE, AND FREE FROM OBSTRUCTIONS AT ALL TIMES.
- BABIES AT GREATEST RISK OF SUFFOCATION INCLUDE THOSE BORN PREMATURELY, THOSE WITH RESPIRATORY PROBLEMS, AND THOSE UNDER FOUR MONTHS OF AGE.
- ENSURE THE BABY DOES NOT CURL INTO A "C" POSITION WITH THE CHIN RESTING ON OR NEAR THE CHEST. THIS POSITION CAN INTERFERE WITH BREATHING, EVEN IF NOTHING IS COVERING THE NOSE OR MOUTH.



YES!
CHIN UP,
FACE
VISIBLE!



NO!
BABY'S
CHIN ON
CHEST



NO!
FABRIC
COVERING
FACE



NO!
BABY
TOO LOW
SLING
TOO BIG

hotslings®

www.hotslings.com • 801.768.9440 • 363 W Industrial Dr. • Pleasant Grove • UT • 84062

© 2013 Hotslings, LLC. All rights reserved.