



# Hoppediz®

## Tying Instructions for Ring Slings





# Warning!

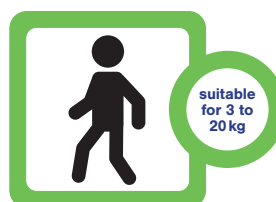
- 1 Please read these instructions thoroughly before using the Ring Sling.
- 2 Always watch your child and ensure that their mouth and nose are not covered.
- 3 Get advice from a health professional if you want to use this product for a premature baby, one with a low birth weight as well as a sickly one.
- 4 Ensure that your child's chin does not rest on his/her chest since this can cause respiratory problems and suffocation.
- 5 Ensure that your child is sitting safely in the sling and that there is no danger of falling out.
- 6 Start with short carrying times and increase it gradually in order to have your muscles get used to these new movements. Principally, there is no limit in time regarding the carrying period.
- 7 Pay attention to risks in the home environment, e.g. heat sources, spilling of hot beverages, chemical agents.
- 8 Always ensure that your baby is sitting well and that the threaded sling is kept under tension by the rings.
- 9 Only use the Ring Sling for the number of children it is provided for.
- 10 Never use more than one baby carrier at the same time.
- 11 Your movements and the movements of your child can impact your balance.
- 12 You should always be aware of a higher risk that your child might fall out of the Ring Sling as soon as they become more active.
- 13 So please be cautious when leaning or bending forward or to the side.
- 14 Don't carry your child if your balance or mobility is impaired by drugs or illness.
- 15 The Ring Sling is not suitable for sports activities like running, biking, swimming, and skiing.
- 16 Don't use the Ring Sling in or on (motor-driven) vehicles.
- 17 Please check the Ring Sling at regular intervals for signs of wear or damage (e.g. torn fabric, damaged seams) and don't carry your child in a damaged Ring Sling.
- 18 Keep the Ring Sling when not in use out of reach of children.

**CAUTION! WE URGENTLY RECOMMEND FOR YOU TO KEEP THESE INSTRUCTIONS FOR FURTHER REFERENCE!**

The Hoppediz® Ring-Sling is not suitable for:



The Hoppediz® Ring-Sling is suitable for:



### Care:

Washable up to 60°C



### Note:

Always wash in a laundry bag or together with other laundry in order to avoid damages by the rings.



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Carrying methods from the first day of life

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# Preface

We are pleased that you have decided to purchase a HOPPEDIZ® Ring Sling, 'and we are absolutely sure that it will be very helpful and enjoyable.

The HOPPEDIZ® Ring Slings are woven in the same broken twill and Jacquard weaves as our baby slings. This means that the sling adapts to fit both the baby's and the carrier's body optimally. It is very easy to put on, and can sometimes be pre-tied.

The Ring Sling is very light, which means that it takes up very little space and is ideal during travelling.

When using a Ring Sling, the baby's weight is only resting on one of the carrier's shoulders. For this reason, the Ring Sling is mostly suitable only for short carrying times, especially if your child has become heavier.

You can use the HOPPEDIZ® Ring Sling from birth until your child is old enough not to be carried anymore. It is, however, not as multifunctional as a long or a maxi baby sling because of its possible carrying methods.

*Have fun when carrying – and being carried!*

**The Schröder Family**





# Belly-carry

Right from the beginning



Our Ring Sling – the practical carrying aid right from the beginning.

Here you find the instruction for a quick **belly-carry** variant which is suitable for you to carry your baby very early. Thanks to the individual retightening possibility, the cloth adjusts optimally to you and your baby.

This variant can be pre-tied and is, therefore, ready to use very quickly.



1

Place the rings over one shoulder. Your baby will – later on – be sitting on the opposite side.



2

Guide the cloth of the sheet widely spread from behind to the front and



3

check with the help of the differently coloured edges that the cloth has not twisted.



4

Grab the upper edge



5

and start



6

gathering the cloth bit by bit



7

from above to below



8

until a rope has been built.



9

Guide the rope from below through both rings. >





10



Pull one part of the rope through the rings upwards.



11



Now, spread the rings



12



and guide the rope back.



13



Guide it over the first and under the second ring.



14

Now, pull the rope completely downwards.



15

Ensure that the cloth is not twisted.



16

Arrange the edges exactly between the two rings.



17

Spread the rope with the help of your thumb.



18

Arrange the cloth strand by strand.



19

At the very end, your thumb will be on the other side of the rope.



20

Now, place the rings on your shoulder. They should be nearly horizontal.



21

Grab the upper and the lower cloth edge – one in each hand.



22

Then prepare the pouch just like this



23

and let it fall down well arranged on your hips. >



24

Place your baby on your shoulder with the pouch and hold him/her with the safety grip.



25

Take a firm hold.



26

Grab with your free hand from below between your belly and the cloth



27

and guide the feet of your baby



28

to below the rope.



29

Let your baby glide along your upper body



30

and place him/her in the spread-squat position



31

in front of your belly; always take a firm hold.



32

While supporting your baby with one hand





33

grab the upper cloth edge



34

and pull the pouch free of wrinkles  
across your baby's back.



35

The upper cloth edge should reach to  
the height of your baby's ears.



36

In order to tighten the Ring Sling



37

grab the upper edge coming from your  
back.



38

Bring the edge under tension in the  
direction of the rings



39

and tighten them thoroughly.



40

Start with thoroughly gathering the total  
Ring Sling.



41

Always tear into the direction where the  
cloth comes from. ▶



42

At the same time, tear each piece of cloth from above to below.



43

The rope can be used to build a comfortable headrest for smaller babies.



44

Place the rope from the outside of the head edge of the Ring Sling



45

and roll the head edge



46

bit by bit over this rope.



47

This will form a soft padding at the level of the ears.



48

This is what the tied Ring Sling looks like from the side



49

and from behind. •



On Page 19 of these instructions you will learn how to get out again.







# Belly-carry — tilted variant

Right from the beginning



Here, we show you our  
**“tilted” belly-carry variant.**

Some parents find this variant more comfortable. Tying is made easy by way of the two-coloured edges of our ring slings or by the different coloured sides of our Jacquard slings.





1

Place the rings over one shoulder. Your baby will be sitting later on the opposite side.



2

In this example, the grey side of the Ring Sling is placed on your back.



3

Leave the cloth well spread



4

on your back.



5

Guide your hand between your back and the cloth



6

to the edge that is near to the other arm.



7

Grab the edge and tilt the sheet



8

with your stretched out arm.



9

Now, the grey side of the cloth is no longer on your back but rather the petrol blue coloured one. ►



10

Bring the sheet in front of your body, grab the upper edge



11

and start



12

to gather the cloth bit by bit from above to below



13

until a rope has been built.



14

Guide the rope from below



15

through both rings.



16

Guide the rope back and place it over the first ring and under the second ring.







17

Now, pull the rope downwards



18

and pay attention to that the cloth will not twist.



19

Arrange the edges exactly between the two rings.



20

Spread the rope strand by strand with the help of your thumb.



21

Now, pull the rope more firmly.



22

Now, place the rings on your shoulder. They should be nearly horizontal. >



23

Grab the upper and the lower cloth edge – one in each hand.



24

Then prepare the pouch just like this.



25

You will clearly feel the tilt on your back.



26

Place your baby on your shoulder with the pouch and hold him/her with the safety grip.



27

Grab with your free hand from below



28

between the cloth and your belly.



29

Take both feet of your baby



30

and guide them in the direction of the pouch.



31

Let your baby glide along your upper body



32

and place him/her in the spread-squat position in front of your belly.



33

While supporting your baby with one hand



34

pull the upper cloth edge with the other hand without wrinkles over your back up to the level of your baby's ears.



35

To fix the Ring Sling securely, grab the upper edge coming from your back.



36

Bring it under tension in direction of the rings



37

where you fix them securely.



38

Start with thoroughly tightening the total Ring Sling.



39

At the same time, tear each piece of cloth from above to below.



40

Always tear into the direction where the cloth comes from ▶





41

and work thoroughly strand by strand all the way down.



42

If the lower cloth edge is still too slack, guide it with tension between your fingers



43

below your baby's bum in the direction of the rings.



44

Now, pull this possibly dispensable cloth through the rings by pulling the rope to the front. This will guarantee a firm hold.



45

Check the correct spread-squat position of your baby.



46

If needed, bend the baby again so that their knees are higher than their bum.



47

This is what the belly-carry looks like on the front when "tilted".



48



And like this from behind. •



How you can form a comfortable headrest for your baby is shown in these instructions on page 10, picture

43 to 47.

# And this is how to get out again!

If you want to take your baby out of the Ring Sling...



1

If you want to take your baby out of the Ring Sling



2

only lift the upper ring,



3

tear it to the top



4

so that the Ring Sling will well loosen. Hold your baby always very tight.



5

You can push away the pouch downwards.



6

Now, lift your baby



7

with both hands out of the Ring Sling



8

by grabbing him/her a bit below his/her armpits. •



# Hip-carry

Carrying methods for when  
the baby can hold his/her  
head by him/herself

(approx. beginning from the 4<sup>th</sup> month)

As soon as your baby can be carried **on your hip**, you can try this variant. Whether shopping or short distances between your car and your apartment. Our Ring Sling can be used almost everywhere quickly and without problems. No long cloth ends on the floor or stowed – these are only some of the advantages of our Ring Sling. Due to the so-called spread folding, it adjusts individually to each body.







1

Place the rings over one shoulder. Your baby will be sitting later on the opposite side.



2

Now, guide the sling from the behind over your back to the front.



3

Grab the upper cloth edge



4

and check in respect to the colours whether the cloth is possibly twisted.



5

Start with gathering the cloth



6

by "folding" it thoroughly bit by bit.



7

Guide the resulting rope



8

from below through both rings. >





9

Now, spread the rings



10

and guide the rope back. Guide it over the first ring



11

and below the second one.



12

Now, pull the rope downwards



13

and arrange the edges exactly between the two rings.



14

Spread the total rope strand by strand





15

with the help of your thumb.



16

Ensure that the cloth will not twist between the rings.



17

Now, pull the rope more firmly.



18

Now, place the rings on your shoulder. They should be nearly horizontal.



19

Place your baby on your opposite shoulder and hold him/her with the safety grip.



20

In this way, you can hold your baby securely.



21

Now, grab with one hand from below into the loop



22

and guide the feet of your baby >





23

to below the rope.



24

Let your baby glide along your upper body



25

until he/she sits on your hip. One leg should be in front of your belly and the other one behind your back.



26

The rope will be placed below your baby's bum in the direction of the popliteal fossa.



27

Grab the upper cloth edge



28

and pull it bit by bit over the back of your baby upwards.



29

Take the other hand for help.



30

The cloth should now reach your baby's ears.



31

In order to fix the sling tightly, trace the upper edge of the cloth between thumb and fingers from your back



32

to the rings by applying tension.



33

Pull the dispensable cloth through the rings.



34

Now, start tightening the cloth.



35

Retighten the cloth from one side of the sheet to the opposite side



36

bit by bit.



37

Tear the upper part of the rope in direction to your baby's shoulders.



38

Tear the middle part in direction of his/her back and bum



39

and then tear the lower rope in direction of his/her popliteal fossa.



40

If the lower cloth edge is still too slack, guide it with tension between your fingers >



41

below your baby's bum to the front.



42

Now, tear this possibly dispensable cloth through the rings by tearing the rope to the front. This will guarantee a firm hold.



43

Spread the cloth on your shoulder in a way that makes you feel comfortable.



44

If the rope is still too long you can place it over the metal rings.



45

Place it over both rings



46

and then tear it



47

out in downward direction. This is also a good idea for padding the rings. •





# And this is how to get out again!

If you want to take your baby out of the Ring Sling ...



1

If you want to take your baby out of the Ring Sling



2

only lift the upper ring,



3

tear it to the top



4

so that the Ring Sling will loosen.



5

You should always support your baby with one hand, >



6

the other hand grabs below the cloth



7

to support your baby.



8

Now you can guide the cloth from below



9

to the top



10

over your baby's head.



11

The baby is still sitting on your hip. •

# Small encyclopaedia of carrying

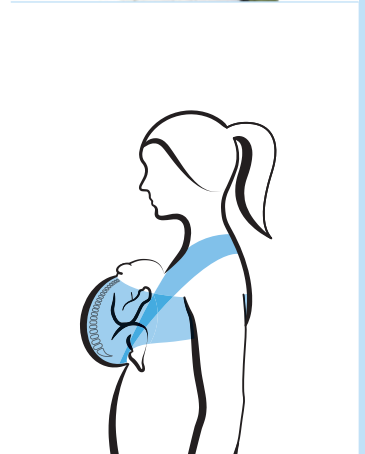
## “SAFETY GRIP”

When applying the “safety grip” your baby is lying on your shoulder, well supported from all sides, before you place him/her in the half tied or pre-tied sling. One arm of your baby is lying behind your neck, the other is placed on your shoulder (like the position when your baby is about to burp). The four fingers of your hand that hold your child are placed widely spread on his/her back. Your thumb is near your baby’s chest. Should your baby suddenly stretch out – like some babies do – you have perfect control due to this grip.



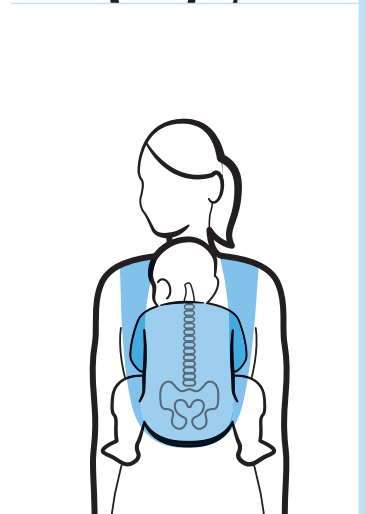
## “ROUNDED BACK”

It is only in the course of development of a human being that the double S-form of an adult’s spine is built by muscle tension and body posture. In the beginning, the baby’s back is rounded and should be well supported in this position.



## “SPREAD-SQUAT POSITION”

You can see this “spread-squat position” as soon as you pick your baby up – and sometimes even when talking to him/her. Your baby actively assists being carried by moving his/her legs upwards and slightly spreading them, e.g. when he/she sits on your hips. This is an evolutionary adaptation of children to “being taken along” and is also designated as “spread-squat reaction”. This is no reflex. In the “spread-squat position” your baby’s bum should always be lower than his/her knees. A good “spread-squat position” supports the hip maturation of your child. The head of the hip joint lies ideally in the acetabulum. Your movements when carrying will care for a good blood circulation of this area. This also supports the hip maturation.







Customised for all those who are always in a hurry: the **Ring Slings** can be pre-tied and is ideal for shorter carrying distances. Simply put on and run.



Further tying variants, tricks and information can be found on [www.hoppediz.com](http://www.hoppediz.com)







The tying variants shown in this brochure are based on the ways of carrying developed by the *trageschule nrw*. The HOPPEDIZ® team would like to thank Bettina Attenberger (*trageschule nrw*) for the constructive and harmonic cooperation when establishing these new carrying instructions.

**Further tying variants, tricks and information can be found on [www.hoppediz.com](http://www.hoppediz.com)**

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