

## Back Position (with help)



### Step 1

Insert both hands into the loops of the carrier

- Bring the first loop over your head
- Bring the second loop over your head



### Step 2

Spread the fabric over your shoulders

- Spread the fabric on your back
- Lower the outer cross loop from your shoulder



### Step 3

- Holding baby facing your back, place one leg and one hand through the inner loop.
- Place the other leg and hand through the second loop while securely holding your baby.
- Smooth the fabric between the legs to create a comfortable sitting place.
- Spread out the two cross loops begin with the band closest to your baby.
- Wrap the belt around you and baby
- Close the belt using the closing ring on your hip side.