

# Ollie Goliqhtly<sup>3</sup>

RING SLING USER GUIDE

# BENEFITS

## 1. ATTACHMENT & BONDING

Now you and baby can continue to enjoy the closeness you experienced during pregnancy. Studies have shown that babywearing establishes a secure foundation for a great start in life.

## 2. HAPPY BABIES ARE SMARTER BABIES

Your baby-in-a-sling learns more, socializes more, and realizes greater developmental potential.

## 3. WHITE STRIPE ADJUSTMENT SYSTEM

Every Ollie Golightly sling has a stripe of white ribbon sewn into one edge. This revolutionizes sling fitting for the first-time user by illustrating which part of the sling is being adjusted. You won't find this feature on any other sling!

## 4. COMFORT & PRIVACY

The Ollie Golightly sling is designed to distribute baby's weight across your back, reducing strain, and supporting baby in a secure position close to the heart. Our sling also has a terrific 'tail' – a welcome extra-fabric feature for breast-feeding privacy.

## 5. VERSATILE POSITIONING

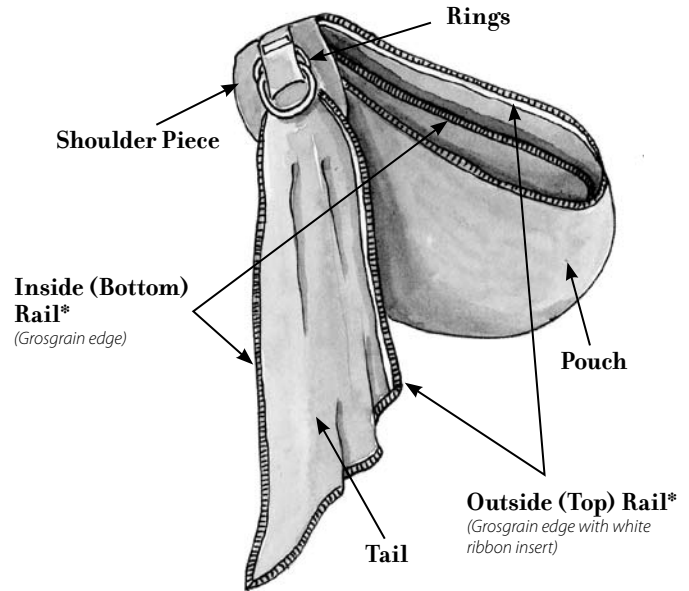
The Ollie Golightly sling is usable in many different positions from birth to early toddlerhood. It allows a loving parent to embrace life with baby and with style, while leaving adult hands free to embrace all the other important things in life.

## 6. DO IT WITH STYLE!

The Ollie Golightly sling is designed to become a staple in your wardrobe. Fine textiles, hand printed designs, and a carefully selected palette of colours make sling wearing not only practical and comfortable, but stylish too!

# Sling Anatomy

## GET TO KNOW YOUR SLING



## White Stripe Adjustment System

**Inside (Bottom) Rail\***  
(Grosgrain edge)



**Outside (Top) Rail\***  
(Grosgrain edge with white ribbon insert)



\*This diagram shows the sling being worn on the right shoulder. In this situation the outside rail has the white stripe. When the sling is worn on the left shoulder, the opposite (inside) rail will have the white stripe.

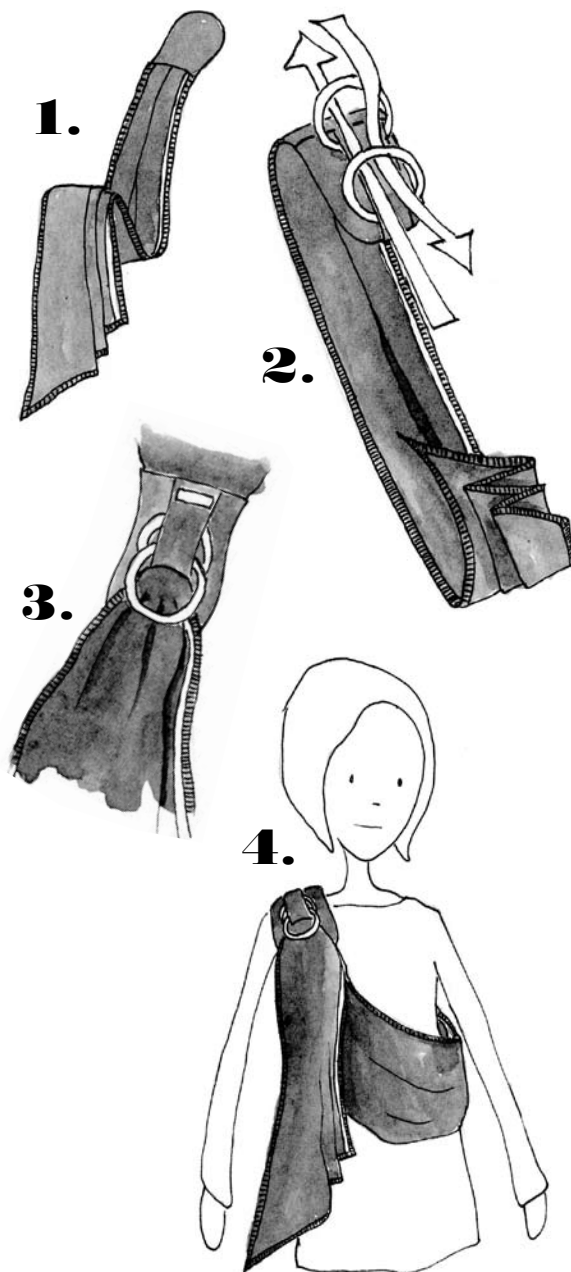
# Get Started!

## HOW TO THREAD & WEAR YOUR SLING



- 1.** Accordion Fold the tail of your sling, ensuring that the grosgrain edges (rails) are facing outward in opposite directions.
- 2.** Thread about 18" – 20" of the folded tail neatly through both rings, and then back through the bottom ring.
- 3.** The sling should now form a pouch and have a short tail. Take a moment to re-adjust the fabric in the rings so that the rails are correctly positioned on opposite sides of the gathered fabric. Make sure the fabric is not twisted.
- 4.** Your sling can be worn on either shoulder. Put it on like a sash, and position the rings just below your collar bone.

**Caution:** Please read the safety precautions on page 18 carefully before attempting any of the carrying positions with your baby. You may find it easier to begin practicing with a doll or stuffed toy in place of your child.



# Adjust & Release

## YOUR SLING

The next few pages demonstrate how to get your baby in to the different carrying positions. No matter which you choose, you will always use the same technique to tighten, adjust, and release your sling.

### TIGHTEN & ADJUST:

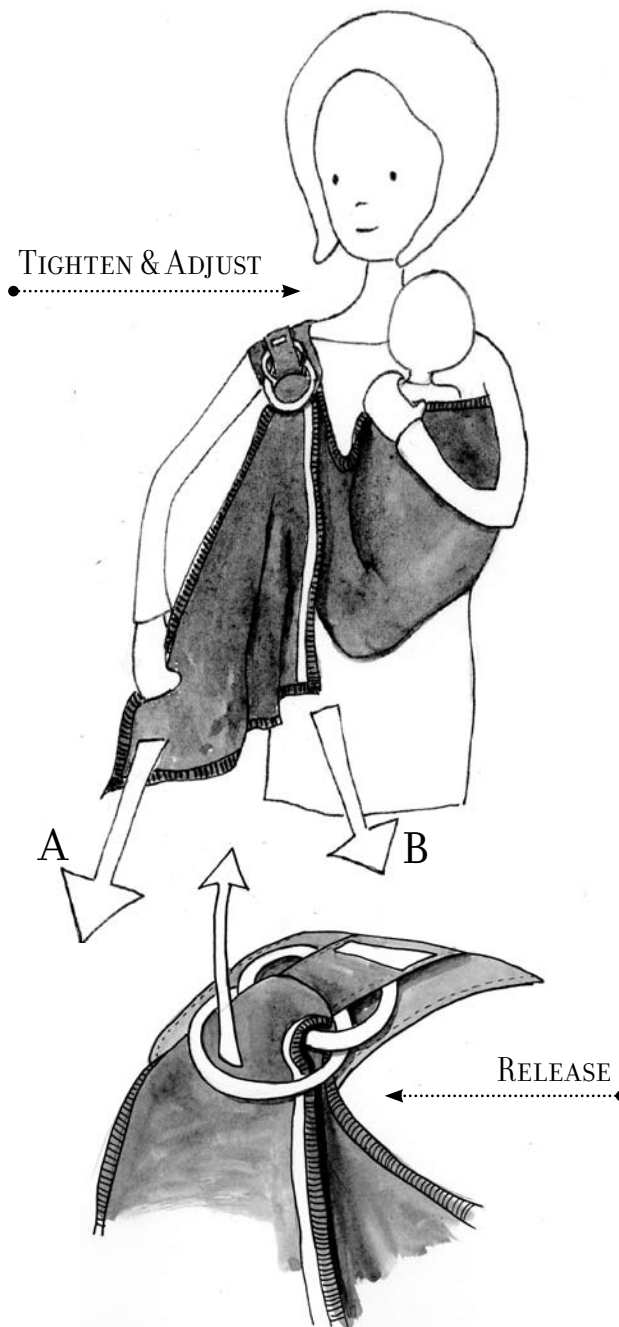
- 1.** While holding baby in place, pull the entire tail of the sling tight.
- 2.** Make sure the shoulder piece is at the outside of your shoulder (not riding up on your neck), and the fabric is spread out as wide as possible across your back.
- 3.** To fine tune the fit, pull on the top and bottom tail rails separately (A & B). Baby should be high up and snug enough that you can comfortably release your arms.

*Always support baby with your arms until you are confident using the sling.*

**Tip:** Every Ollie Golightly sling has a stripe of white ribbon sewn into one edge so when you pull on the sling tail, you can quickly tell which side of the pouch (front or back) you are adjusting.

### RELEASE:

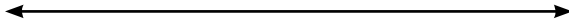
- 1.** While supporting baby's weight, lift the bottom ring and pull up. The tail will slide through, loosening the pouch, and enabling you to remove baby.  
*The fabric may feel a bit stiff at first, but it will soften with use, and become easier to adjust and release. Washing can speed up the breaking-in process.*



# CRADLE HOLD

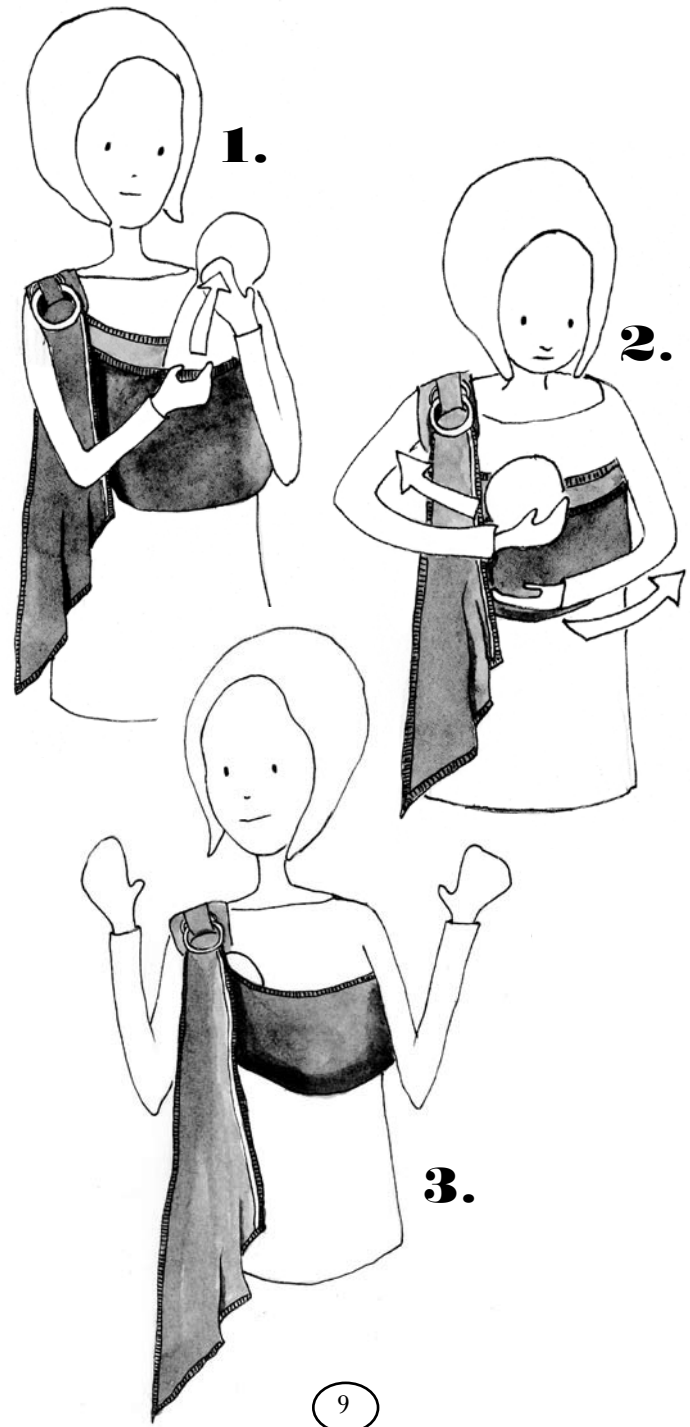
{ suitable for }

## NEWBORN & NURSING



- 1.** While making sure that baby's neck is supported, place her in a "burp" position on your "unslung" shoulder. The inside rail of the pouch should be between you and baby. Draw the outside rail up to the top of her head.
- 2.** Supporting baby's head and bottom, lean forward to transfer her weight in to the sling. Now, twist baby and the sling so that her head moves towards the rings, and her legs ease across your body in the opposite direction.  
*Some people find it more comfortable the opposite way. Experiment to find which is most comfortable for both you and baby.*
- 3.** Gently tighten the sling by pulling on the tail. You can fine-tune the fit, and support baby's head by pulling separately on the top and bottom rails until baby feels safe and secure. Now get moving! Babies love the motion in the sling.  
*Sometimes babies look a bit "squished" in a properly tightened sling. This is generally more distressing for the parent. Be sure the baby has proper air flow (see p.18), and keep in mind that your baby has just spent nine months in an even more cramped space. She will let you know right away if she is uncomfortable.*

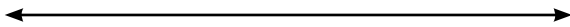
**HANDS-FREE NURSING:** You can breast-feed in this position by lifting the bottom ring, and gently easing out the middle part of the pouch till baby's head is at breast height. Tighten the rails so baby's head is well supported. Use the tail for privacy.



# FRONT carry

{ suitable for }

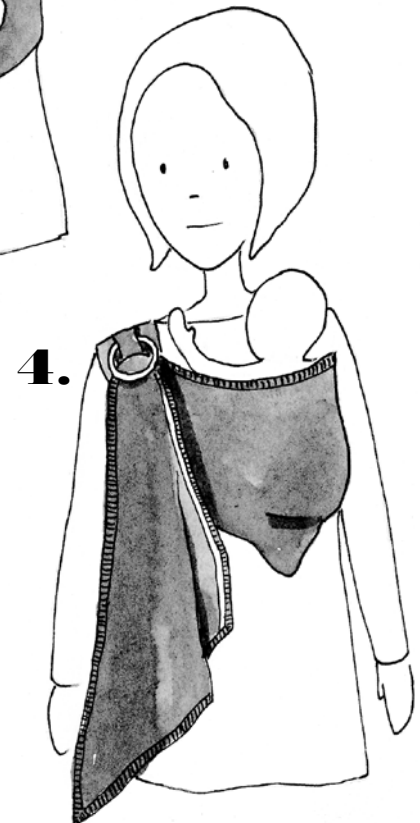
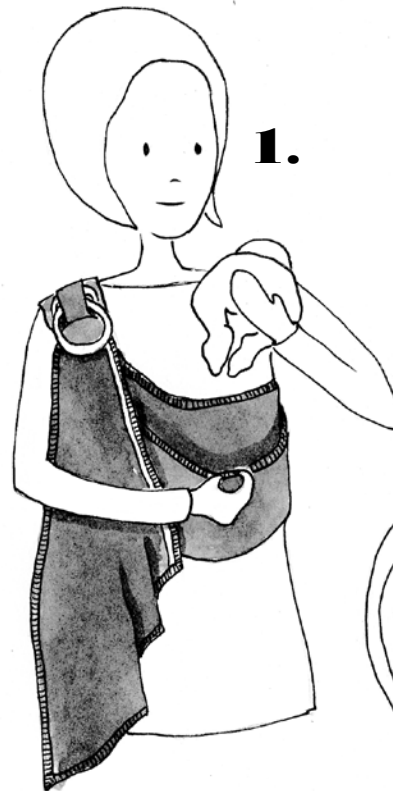
4 MONTHS & ONWARD



Many babies prefer to be upright. If your little one doesn't like the "cradle hold" position, this is a great alternative. Just be sure baby is getting all the head support he needs by snugging in the outside rail.

- 1.** Place baby in a "burp" position on your "unslung" shoulder. The inside rail of the pouch should be between you and him, and his legs should be in a "froggie" position.
- 2.** If baby still requires head support, draw the outside rail up to the top of his head. Otherwise draw the outside rail to the base of his neck. Baby may prefer to have his arms outside the sling.
- 3.** While still supporting baby's weight, ease him down into the pouch until his face is level with your neck or shoulder (whichever is most comfortable for both of you).
- 4.** Gently tighten the sling, fine-tuning the fit by pulling separately on the inside and outside rails. Baby should be positioned high on your chest, with his knees cradling your waist.

*Experiment positioning baby to the side or directly in front. As baby gains leg strength, he may prefer to stand. Make sure both rails are pulled high and tight enough so he can do so safely.*



# HIP CARRY

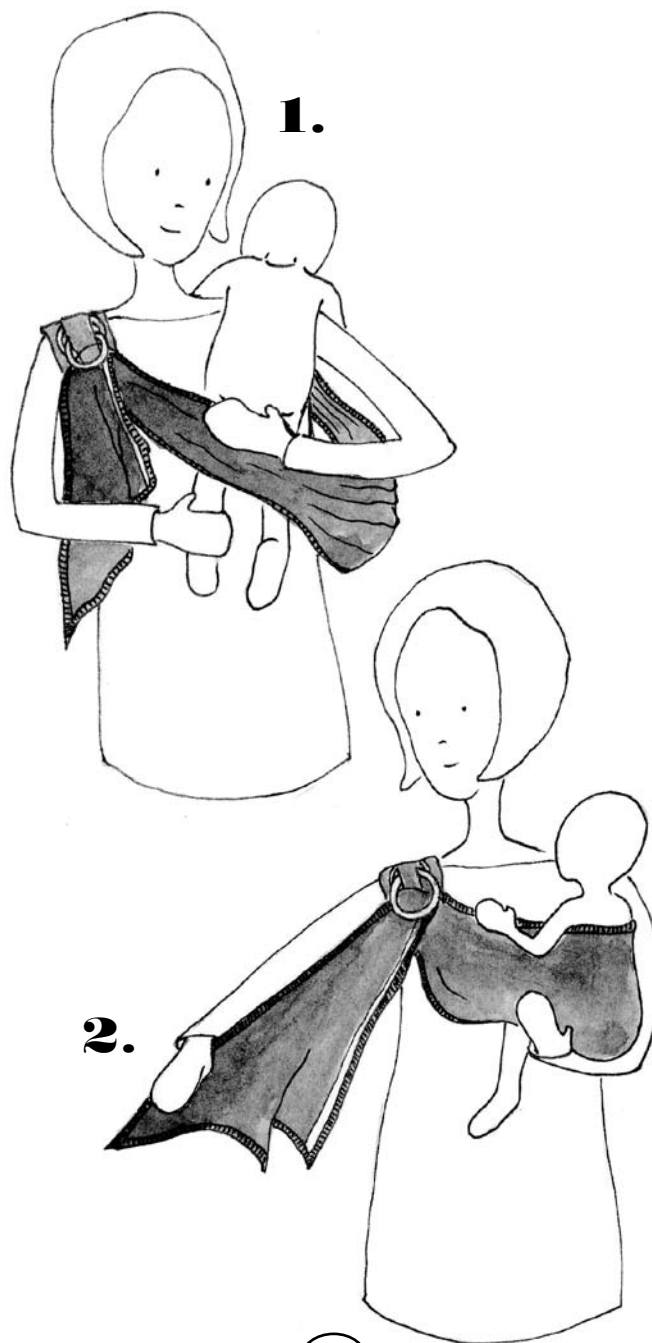
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## OLDER BABIES & TODDLERS



- 1.** As with the other positions, begin by placing baby in a “burp” position on your “unslung” shoulder. Draw her legs all the way through, so that the pouch surrounds both of you like a sash.
- 2.** Partially tighten the pouch, and then position the inside (bottom) rail behind baby’s knees and the outside (top) rail under her armpits. Tighten the top and bottom rails.
- 3.** Baby should now be in a comfortable seated position with legs straddling your waist, and feet and calves hanging out.

*For safety, ensure baby’s bottom is at the same level or lower than her knees. For comfort, check that the shoulder piece is at the outside of your shoulder and the fabric is spread as wide as possible across your back to distribute the weight.*

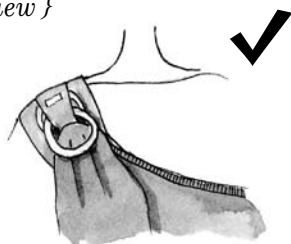


# Tips & Tricks

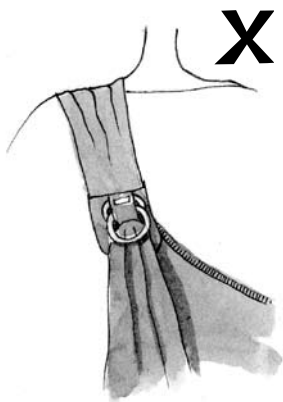
## 1. SHOULDER POSITION

{ front view }

Most people find it comfortable to wear the rings quite high, on or just below the collarbone.

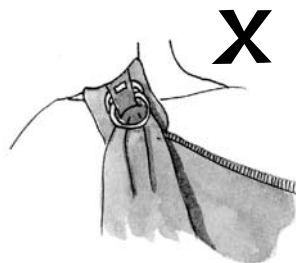


{ front view }



If the rings are too low, the pouch can become too small for baby to sit or lie comfortably.

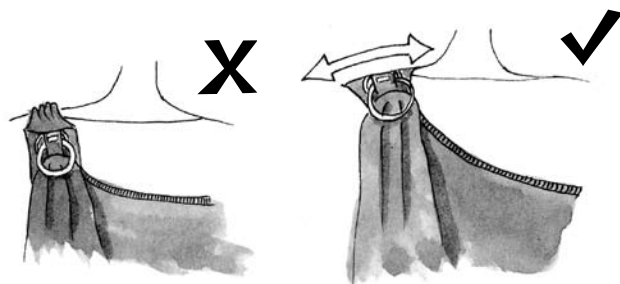
{ front view }



The pad should be positioned at the centre or outside of your shoulder rather than letting it crowd your neck. This is especially important for hip carries, where your baby's weight will tend to pull the sling against your neck.

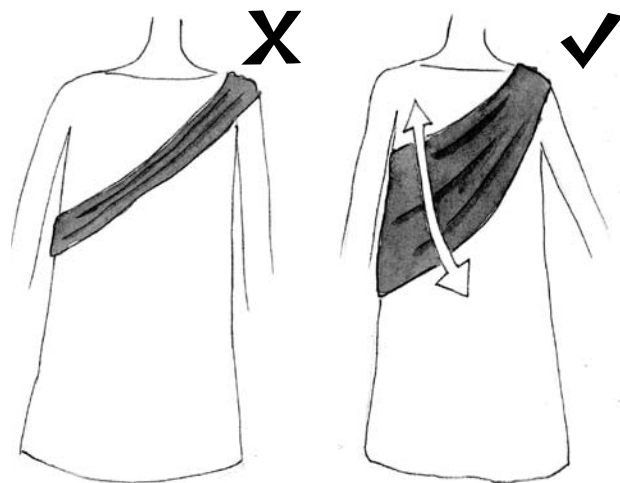
## 2. WEIGHT DISTRIBUTION

{ front view }



For the best fit, spread the weight evenly across the shoulder. Some people prefer to extend the fabric over the shoulder and down on to the upper arm.

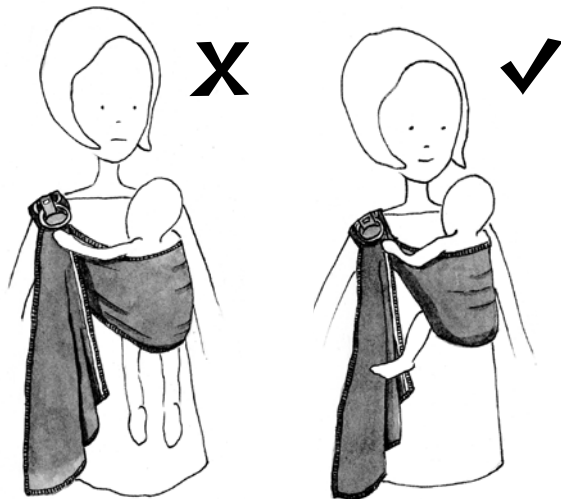
{ back view }



Spread the back of the sling as widely as possible. Pull your sling down at the back in conjunction with moving it away from your neck. Even a small adjustment can make a big difference to your comfort.

### 3. BABY'S LEG POSITION

Once baby is old enough to want her legs out of the sling, they should be wrapped around you (like straddling a horse), and not dangling down. It's safer, better for baby's hip development, and more comfortable for you.

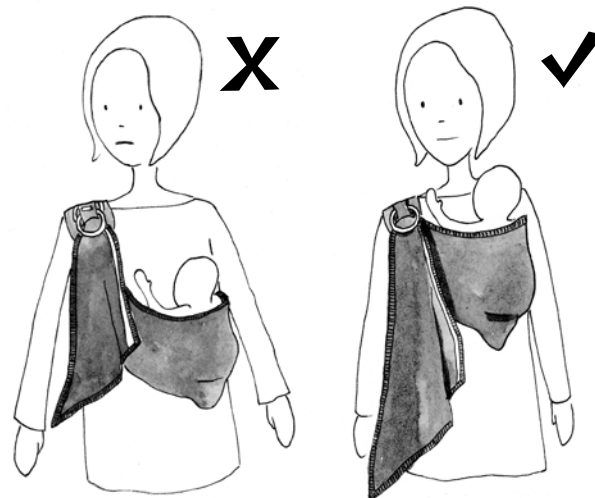


Baby's legs should be approximately parallel to the floor, with her bottom at the same level as (or lower than) the underside of the knees. This keeps baby safely in the sling and reduces red marks. Pull the fabric (the bottom rail) up to her knees, make sure it isn't bunched, and then tighten snugly. If there is a lot of fabric, tuck it behind her back, rather than under her legs.



### 4. HEIGHT OF BABY

The majority of people find they are most comfortable with baby riding as high as possible. If baby is too low, the rails are likely not snug enough for safe carrying.



### 5. STRETCHING & POSTURE

When carrying baby, it's common to hunch your shoulders forward. Regularly stretch your upper back (gently backwards) and roll your shoulders. Try to be aware of your posture when carrying baby. Keep your back straight and bottom tucked in.

Changing position – you and baby! – every so often will reduce fatigue. This is especially important while you are first getting used to your sling. Physical therapists also advise swapping shoulders regularly, both for your sake and baby's. The sooner you get used to using both shoulders, the more likely you are to find both sides comfortable.

# Safety



Using your Ollie Golightly sling safely is easy. Read our safety instructions carefully, and be aware of safety issues each time you use the sling. With practice and mindful use, you can have years of comfortable and safe slinging.

- 1.** Get very comfortable putting baby in and taking her out of your sling. Try practicing with a doll or stuffed toy before attempting a carry position with baby.
- 2.** While in the sling, be sure baby has good airflow. Make sure that baby's chin does not drop to his chest. Check baby's position while sleeping, to make sure that his airflow is not obstructed in any way. Also check for proper alignment of his head and neck, and comfortable positioning of legs, feet, and arms.
- 3.** Your Ollie Golightly sling is expertly crafted to specific quality standards, but you should regularly check the seams and fabric for wear and tear.
- 4.** When in doubt: tighten the rails. A snug baby is a secure baby.
- 5.** Be careful using the sling in all situations, but especially while cleaning, in bad weather conditions, or in challenging environments indoors or outdoors (e.g., stairs, steep or slippery terrain).
- 6.** Do not use the sling in certain situations — while cooking, doing exercise, riding in a car, or if the structural integrity of the sling has been compromised.
- 7.** Use common sense. Be smart, be loving, be safe.

## LAUNDRY INSTRUCTIONS

### LINEN:

- Machine-wash with like colors in cold water.
- Tumble dry on low or hang to dry.
- For best results, Iron while still damp.
- Do not bleach.

*Ironing restores the beautiful lustre of linen. 1/4 to 1/2 cup of vinegar will help keep the colours from fading.*

### HERBALLY-DYED ORGANIC COTTON:

- Cold wash on a delicate cycle with a mild detergent.
- Wash separately and remove promptly.
- Tumble dry on low or hang to dry in shade.
- Hot iron as desired.
- Do not bleach or dry clean.
- Citrus juice may discolor fabric.
- Colors may rub.
- Natural dyes may fade gently over time or in direct sunlight.

*For naturally dyed textiles, the first 2-3 washings are very important and should be done with as much care as possible. Some of the natural dye may still wash off during the first 1-2 washings. While it is highly unlikely that any dye will stain another garment, it is highly advisable that the sling be washed by itself during the first washings, and before wearing.*

### SILK:

- Cold wash on a delicate cycle with a mild detergent.
- Hang to dry.
- Hot iron as desired.
- Do not bleach.

*Dupioni silk will lose a bit of its sheen with washing, and the fibers will soften nicely. If you do choose to dry clean your sling, please use an environmentally friendly cleaner so that your child is not later inhaling dry cleaning fumes on the sling.*

## DISCLAIMER

Ollie Golightly is not responsible for any injuries related to the use of your sling. Please read and follow our safety instructions. Use common sense and care when wearing your sling.

Ollie Golightly<sup>3</sup>

[www.olliegolightly.com](http://www.olliegolightly.com)

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