

RING SLINGS

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Adjustability is Key

Ring slings are long strips of fabric that adjust with rings. The fabric goes over one shoulder and around the wearer's body, creating a pouch in which the baby will ride. The tail is the piece of fabric that hangs down from the rings. Pulling down on the tail tightens the sling.

Ring Slings come in a variety of types. There are padded and unpadded versions, and there are open tail and closed tail varieties. They come in a variety of materials, as well as a assortment of shoulder styles to meet individual comfort needs.

Wearing a ring sling, you can do a variety of positions. A cradle hold is great for a sleeping baby. An awake baby might be propped into the sitting position of the kangaroo carry. As your baby gets older, she might want to ride on your hip, or even be moved around to your back for a longer ride. The tummy-to-tummy position is a great position for a ring sling, and baby can snuggle up close.

Ring Slings are a great carrier for on the go, popping baby in and out according to your needs.

Benefits of a Ring Sling:

- good for quick trips
- great for nursing
- versatile--can be used in a variety of carries and positions
- adjustable--can be used by caregivers of all sizes

Drawbacks to a Ring Sling:

- some learning curve--must get used to adjusting the ring sling
- one shoulder support is less supportive with heavier babies