



the **blue celery**<sup>TM</sup>  
baby sling

...a **new** generation of slings

# sizing & safety

## *what size am I?*

To find your **blue celery™** sling size, consult the table with your fitted t-shirt size, or weight and height. The **blue celery™** baby sling should fit snug but not tight. If the sling is not comfortable or baby does not feel secure, you have the wrong size!

Fitted T-shirt size	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>
Build	petite frames	petite frames	regular frames	regular, tall & large frames	tall & large frames
Height	up to 5'2"	up to 5'7"	5'2" up to 5'10"	5'7" up to 6'2"	over 6'
Weight	up to 115 lbs	110 to 140 lbs	135 to 175 lbs	170 to 200 lbs	over 200 lbs
blue celery™ size	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>

## *what if mom and dad are different sling sizes?*

Most moms and dads who are one size apart can comfortably wear the same **blue celery™** sling size. We suggest fitting the sling to the primary wearer using the size table. Then let comfort guide you for additional wearers.

## *sling safety*

### **Wear your Blue Celery Baby Sling safely:**

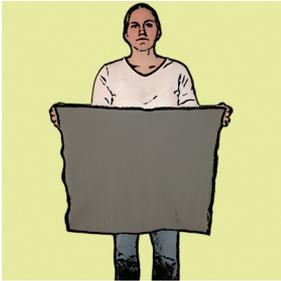
- Wear baby according to Blue Celery user instructions
- Don't sleep, drive or cook at stovetop while wearing baby in the sling
- Make sure baby's airway is unrestricted while in the sling
- Don't leave baby unsupervised in the sling
- Secure baby with the waist sash before bending or leaning forward
- Inspect your sling regularly for wear & tear that may make it unsafe to use

## *care instructions*

### How to care for your Blue Celery Baby Sling:

- Wash before first use
- Machine wash & dry with like colours
- Do not use fabric softeners or bleach
- No iron

# putting on the sling



1. Hold one loop shiny side out with the seam facing up.



2. Fold the loop inside itself so it is folded in half with the soft sides facing each other.



3. With the coloured trim facing away from you, put one arm into the sling loop.



4. Pull the loop up your arm and over your head.



5. Hang the loop over your shoulder and across your chest like a mailbag, coloured trim facing up. Flatten any bunched fabric.



6. Fold the second loop in the same way. Hold this loop on your other arm.



7. Pull the loop up your arm and over your head.



8. Pull this loop off your opposite shoulder and down around your waist so both your arms are free and the coloured trim is facing up.



9. You are now ready to wear your child in a Cradle, Upright or Hip position.

# cradle

0-4 months

1. Start by following the 'Putting on the sling' instructions.



2. Unfold shoulder loop down toward your waist to open the loop.

3. Position baby lying across your chest with her belly facing up.

4. Fold fabric back up making a pouch around baby. Fold fabric back and pull loop up onto around baby's head until she settles.

5. Tuck your other arm into the waist loop and pull loop up onto your shoulder.



6. Fan fabric over your shoulders, and baby's back and legs. Flatten any bunched fabric.

### TIPS:

- \* Position baby high up on fabric with her head at your shoulder.
- \* Mom can easily nurse by pulling the inside edge of the inner loop down to her exposed breast.
- \* Great position to put baby to sleep. Walk and bounce baby until she settles.

# upright—crouched

0-4 months

1. Start by following the 'Putting on the sling' instructions.



2. Open shoulder loop down towards waist and position baby.

3. Stretch fabric from bottom of shoulder loop under baby's feet & fold back over baby's back.

4. Tuck your other arm into the waist loop and pull loop up onto your shoulder.



5. Open up the outside loop so it stretches over baby's back & under her feet. Flatten any bunched fabric.

# upright – facing in

## 3 months–toddler

1. Start by following the 'Putting on the sling' instructions.

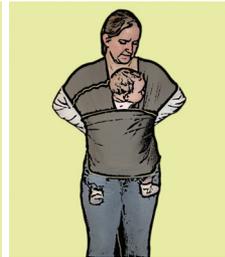


2. Hold baby upright facing towards you and centered in the middle of your chest.

3. Pull bottom of shoulder loop down between baby's legs.

4. Fan fabric out between baby's legs and across her back. Tuck baby's arm under fabric. Baby should be straight upright.

5. Pull the waist loop over your opposite shoulder. Stretch bottom of loop down between baby's legs.



6. Fan fabric out between baby's legs, across her back and over your shoulders. Tuck baby's arm under fabric.

7. Hold the sash in the center with the soft side facing baby.

8. Wrap sash around baby's back & criss-cross around your own back.

9. Pull the sash ends back around your front.



10. Tie the sash ends at baby's side using a double knot.

11. You are ready to wear baby hands free!

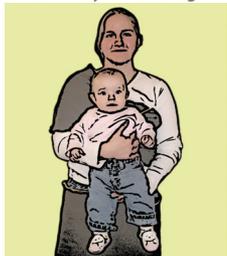
### TIPS:

- \* The 2 loops should criss-cross baby's back, with baby centered and sitting upright.
- \* This position is best when baby is in a quiet, snuggly mood.
- \* If baby is tired and fussy, walk and slightly bounce baby until she settles.

# upright – facing out

3 months–toddler

1. Start by following the 'Putting on the sling' instructions.



2. Hold baby upright facing out and centered in the middle of your chest.

3. Pull bottom of shoulder loop down between baby's legs.

4. Fan fabric out between baby's legs and across her chest. Tuck baby's arm under fabric. Baby should be straight upright.

5. Pull the waist loop over your opposite shoulder. Stretch bottom of loop down between baby's legs.



6. Fan fabric out between baby's legs, across her chest & over your shoulders. Tuck baby's arm under fabric.

7. Hold center of sash with the soft side facing baby.

8. Wrap sash around baby's front and criss-cross around your own back.

9. Tie the sash ends at baby's side using a double knot.



10. You are ready to wear baby hands free!

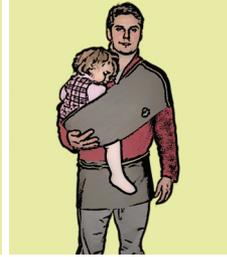
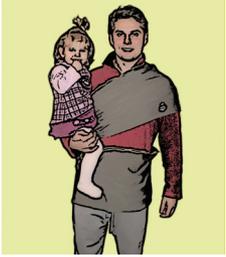
## TIPS:

- \* The 2 loops should criss-cross baby's chest, with baby centered & sitting upright.
- \* This position is best when baby is wakeful and wanting to interact with the world.
- \* Walk and slightly bounce baby until she settles in the sling.

# hip hold

6 months–toddler

1. Start by following the 'Putting on the sling' instructions.

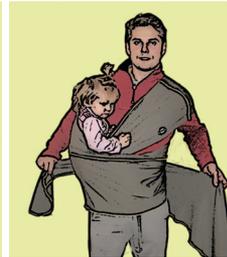


2. Hold baby straddling your hip in a sitting position.

3. Pull bottom of shoulder loop down over baby's front foot.

4. Fan fabric out between baby's legs, & over her bottom. Tuck baby's arm under fabric.

5. Pull waist loop over your opposite shoulder so bottom of loop is between baby's legs.



6. Fan fabric over baby's bottom and back. Tuck baby's arm under fabric.

7. Hold center of sash with soft side facing baby's back.

8. Wrap sash around baby's back and criss-cross at your other side.

9. Pull sash ends back towards baby & tie off using a double knot.



10. You are ready to wear baby hands free!

## TIPS:

- \* Use just one loop for light support of baby in the hip hold. This makes for quick donning with toddlers wanting 'up' for short periods of time only. **Using one loop is not a hands-free hold, so please be sure to hold baby securely.**



## Comfort.

- \* The two shouldered pouch means carrying longer with less strain.
- \* No clips, straps or rings that rub or pull.
- \* Our stretchy fabric fans out over your shoulders to evenly distribute baby's weight across your entire upper body.



## ease.

- \* Truly quick & easy to use, no fussy clips, straps or tying!
- \* Five carrying positions, including discrete nursing.
- \* Carry your newborn or toddler up to 35 pounds.
- \* Machine wash and dry.



## style.

- \* Be fashionable without giving up your own sense of style!
- \* Our neutral coloured slings can be dressed up or down and never take over your outfit.
- \* Dads wear them too! Designed to be worn by mom and dad.

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



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