

Sleeping Peanut (the basic infant or "cradle" carry):

Best for newborns-4 months

- Cradle your baby with your dominant arm and have him resting against you above the Peanut Shell™ seams.
- Open the Peanut Shell™ with your free arm by pulling the outside fabric away from your body.
- Now lower the baby down into the carrier bum first, then feet, then head. (You should aim to have the baby's bum in line with the seam for a proper carry.) Inside the sling your baby should be looking up at you, lying on his back. With baby inside, the sling should be sitting above or level with your hip bones.
- Make sure the fabric against you is pulled up around your baby before releasing your baby into the sling. Pull the fabric up if it is not. With baby inside you will need to adjust to be comfortable. Move the fabric around and be sure that baby is cradled and supported by the Peanut Shell™ then adjust left-right, up-down, etc. until you have a carry that works for you. If baby seems uncomfortable try placing him/her with their head in the opposite direction.
- You are all set to move around and enjoy the wonderful benefits of the Peanut Shell™!!

See below pictures for help:



1. With sling on (seam should be in line with your belly button) hold baby in a seated position



2. Open pouch outward with one arm while you are supporting baby with the other



3. In seated position, begin to lower baby into the sling bum first



4. Tuck in her legs, then open the pouch enough to allow her head to rest back against you comfortably



5. Pull fabric up on both sides & be sure baby is supported by the sling



6. Enjoy!