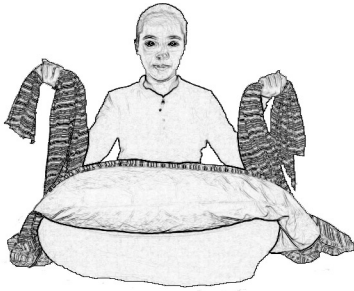
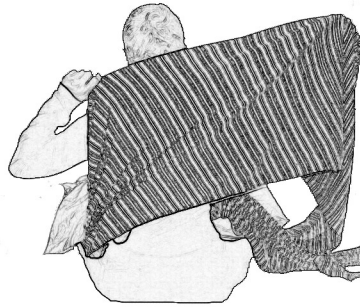


Hands-Free Breastfeeding

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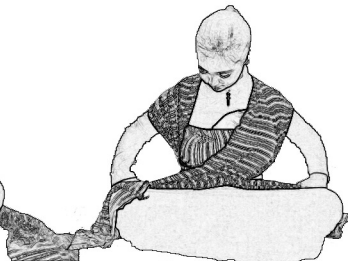
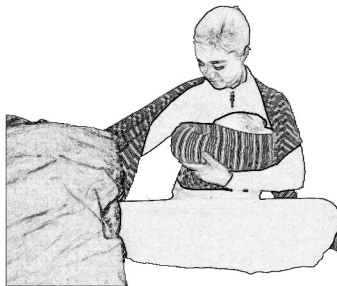
Sit cross-legged on the floor, place a pillow in your lap. Place the center of the wrap across the pillow, with one tail going off to the left, and one tail to the right. Lay your baby across the pillow, with her belly touching your belly, and latch her on to your breast. Use the pillow and your legs to support the baby on the breast.



Take the cloth from near baby's bottom under your armpit and across your back, then over the opposite shoulder. Let it drape in front of you, across baby and pillow. Make sure it is not twisted across your back. Spread out the cloth for comfort.



Repeat the previous step with the the cloth from near baby's head. If the horizontal pocket is too loose the wrap will not support the baby on the breast.



Get Help Locally

Remove the pillow. Make sure the cloth is tight enough to support the baby on the breast. If not, pull one vertical strap at a time, straight to the ceiling. Pulling the left strap tightens the right side and vice versa. Spread the strap closest to baby's head across the back of her neck to support her head. Spread the strap near the baby's bottom to support her bottom. Tie at your waist.