



SERENA & LILY

*market sling*

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- 100% organic cotton\* with a snug secure fit.
- One continuous piece of fabric without buckles, belts or straps makes it sleek and easy to wear.
- Keeps baby close to your heart for better bonding
- Hands-free design lets moms get more done.
- Folds down small for easy storage.

*\*Flax/Sky Blue style has organic cotton interior and piping only.*

## PRACTICE MAKES PERFECT

Once you get the hang of it, a baby sling is one of the most comfortable and convenient ways to carry your little one around. Like anything new, it can take a little trial and error to get it just right. To ease the transition, be sure your baby is fed, rested and happy before your first few attempts. Before you know it, the two of you will be old pros.

visit [serenaandlily.com](http://serenaandlily.com) for more information

## WEARING YOUR SLING

{1} Hold the top part of the sling with embroidery facing away from your body, then slide it over your right arm and head like a messenger bag. The empty sling should now be resting on your left shoulder with bottom resting on your right hip.

{2} Hold baby in your right arm "cradle style" with baby's head in your hand and bottom in the crook of your arm.



{3} Use your right elbow and left hand to open the sling while you lower baby down with your right arm. Once your right elbow is inside the sling, pull the fabric away from your body with your left hand to create more room to get baby positioned correctly.



{4} Now slide your right arm out from under baby, leading with your hand first, then your elbow. Let your right arm relax by your side to set the sling back into the original position. Pull the outside fabric up around baby's body, ensuring that his/her head is resting comfortably. Baby should be visible to you at all times.



### GET COMFY

If baby is fussy at first, you'll probably need to make a few adjustments to find the perfect position. Try placing a folded cloth or receiving blanket inside the sling, right behind baby's back. This lifts the chin off the chest, helping baby breathe easier. You can also try shifting baby up and down until you find the right spot. Just be sure that you can always see baby's face.

### GET MOVING

Babies are soothed by motion, so once you've got your little one securely slinged, start walking and rocking side to side. This helps settle and soothe baby, so he/she can enjoy the ride.

### GET BONDING

Studies have shown that babies tend to be more calm and content when they are held close to your body, where your heartbeat and warmth make them feel safe and secure. Slings are a great way to keep your little one close to your heart, which makes for happy babies and moms.

### GET OUT

The easiest way to take baby out of the sling is to kneel down near a bed or sofa, placing the weight of the sling and baby flat on the padded surface. Lean in very close to create some slack, then slide the sling over your head with baby lying flat on his/her back. Be sure to keep baby away from the edge and keep fabric away from his/her face at all times.

## SLING SAFETY

- Be sure to keep an arm around baby when bending over.
- Always be aware of baby's position in the sling.
- Do not use your sling with an uncooperative child.
- Be sure you can see baby at all times.
- Always keep fabric away from baby's face.
- Do not use your sling while cooking.

For more information and additional tips,  
please visit [SERENAANDLILY.COM](http://SERENAANDLILY.COM)  
or call us at 800.677.8611

*Please read instructions carefully.  
Improper use of this product can threaten your  
baby's health and cause serious harm.*

### CARE INSTRUCTIONS

MACHINE WASH COLD, GENTLE CYCLE, OR HAND WASH.  
HANG IN A WELL-VENTILATED AREA TO DRY.  
WARM IRON IF NECESSARY. DO NOT DRY CLEAN.



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