

Ring Sling Tutorial Cheat Sheet Page 1

This cheat sheet is meant to go along with the full ring sling tutorial found at BabywearingDIY.com
Please read through the full tutorial before starting. This is not meant as a substitute for the tutorial.
Scan the QR code in the top corner with a barcode scanner app on your phone or tablet to view full tutorial.



1) Pick a safe fabric

Safe fabric passes four rules:

- 1) Fiber Content: Natural Fibers (cotton, linen, silk, wool, hemp)
- 2) Weight: Bottomweight (like blue jeans or a heavy tote bag; 185-220gsm or 5-7oz/sq yd)
- 3) Weave: No stretch, clearly visible fibers, tight weave)
- 4) Care Instructions: Machine Washable

2) Buy the right amount

3 yards is enough to make up to an XL sling including 20% shrinkage and a 5" shoulder depth.

Sling Size	Finished Length from Rings to Tail
XS	65"
S	70"
M	75"
L	80"
XL	85"
2XL	90"

3) Buy safe rings

Safe rings are:

- 1) Designed specifically for babywearing
- 2) Weight tested for over 100+ lbs each
- 3) Tested for unsafe metals and materials
- 4) Sold by a reputable company (Best USA source is www.slingrings.com)

Ring Size	Internal Diameter	Appropriate Ring Sling Uses
Large	3"	Most tablecloths, duck cloth, twill, osnaburg, denim
Medium	2.5"	Linen, Linen/Rayon Blends, Silk
Small	2"	Mesh (for water ring slings)

4) Scour (if osnaburg)

To an insulated container or large non-aluminum pot full of boiling hot water, add:

- 1) a few tablespoons of sodium carbonate AKA washing soda AKA pH up (not baking soda)
- 2) a generous squirt of Blue Dawn dish soap AKA Fairy AKA Synthropol

Simmer (on stove) or seal and soak (if in a storage tub or cooler) for 1 hour, stirring regularly.

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5) Wash & Dry

Wash and dry for shrinkage. Ideally, use detergent that:

- 1) Contains no added dyes or fragrances
- 2) Is liquid, not powder
- 3) Contains no fabric softener
- 4) Contains no optical brighteners

6) Dye (optional)

Use a fiber reactive, baby safe dye.

7) Cut to width

Cut fabric to between 28"-34" wide for a finished, hemmed width of 26"-32" wide.

8) Hem

Hem two long "rails" with a double folded hem.

Either hem the end of the tail now, or after you finish the sling and try it on to gauge length.

Zigzag, overlock, or serge the edge where the shoulder will be sewn in.

9) Sew your shoulder

Pick your shoulder (gathered, eesti and pleated are most common.)

Watch Sleeping Baby Productions' videos on YouTube for how to sew the shoulder in. (YouTube channel "JanAndrea")

Scan the QR code below with a barcode scanner app on your phone or tablet to view Jan's YouTube channel.



10) Learn to Use it

Scan the QR code below with a barcode scanner app on your phone or tablet to start a Ring Sling Tutorial playlist on YouTube.

