

A close-up photograph of a woman with dark hair, smiling warmly at the camera. She is wearing a black top with white polka dots. A baby is strapped to her back in a teal-colored woven wrap. The baby is looking towards the camera with a neutral expression. The background is slightly blurred, showing what appears to be an indoor setting with a window.

How to make a

DIY woven wrap

Tutorial Assembled by Alyssa Leonard

Sources linked as much as possible

Woven Wrap Construction: Basic Steps

A brief summary of what all is covered within this tutorial

- 1) Pick your length** **pg 3**
- 2) Pick a safe fabric** **pgs 4-8**
- 3) Wash and/or scour your fabric** **pg 9**
- 4) Dye (optional, not covered in this tutorial)**
- 5) Cut to width/length** **pg 10**
- 7) Hem** **pg 11**
- 8) Soften/Break In** **pg 12**
- 9) Learn to use** **pg 13-14**

How much fabric should I buy?

Almost anybody can use nearly any size woven wrap, it just changes what carries you can do or how you wrap it. Most people find it best to learn on their “base size,” which is whatever size you need to do a front wrap cross carry (FWCC) and tie off in back. For the majority of average sized women, a size 6 is a great place to start.

Some people find that much fabric simply overwhelming. If so, perhaps try out a size 2 or 3 wrap and learn some “shorty” carries, or a size 4 or 5 and learn mid-size carries (typically standard full-length carries with alternative tie-offs, like tying a fwcc under baby’s bottom instead of crossing under their bum and tying off in back.)

However much length you want for your wrap, add 10-20% when buying the fabric (multiply the yards by 1.2) to account for hems and shrinkage.

Woven Wraps	Sizing/Purpose	Meters	Inches	Yards
Width		0.7m - 0.8m	26" - 32"	0.7y - 0.9y
Size 1	Traditional Sling Carry length	2.0m	79"	2.2y
Size 2	Shorty Carries	2.5m	98"	2.9y
Size 3	Shorty Carries	3.1m	122"	3.4y
Size 4	Midsize Carries	3.7m	146"	4.0y
Size 5	Petite Base (t-shirt size XSm-M)	4.2m	165"	4.6y
Wrapsody Hybrid S/M		4.6m	181"	5.0y
Size 6	Avg Base (t-shirt size Med-XLg)	4.6m	181"	5.0y
Wrapsody Hybrid M/L		5.0m	197"	5.5y
Size 7	Plus Base (t-shirt size Lg-2XL),	5.2m	205"	5.7y
Wrapsody Hybrid L/XL		5.5m	217"	6.0y
Size 8	Tandems, Fancy Finishes, 2XL	5.6m	220"	6.1y

Step 1: Pick Your Fabric

An ideal fabric for a woven wrap is thick and sturdy, breathable, made of 100% natural fibers, and has NO stretch. Some easy-to-find recommendations:

Osnaburg (shorthand “osna”)		
What does it look like?	Where can I buy it?	What will it cost?
100% cotton, off-white, slightly thicker muslin with brown flecks. Slightly scratchy/pilly on the bolt.	Fabric stores (JoAnn Fabrics, Hobby Lobby, etc) Walmart Usually kept near/with the utility fabrics (muslin, burlap, etc.)	Between \$2.50-\$5 a yard regular price. Most fabric stores have coupons available online for 40% off.
Pros	Cons	Things to look out for/avoid
100% cotton = easy care/washing Fairly breathable, second only to linen. Incredibly inexpensive and widely available. Easily dyed.	Must be “scoured” before use. Only comes in one natural color. Shrinks a lot - up to 20%. Some people don’t like the texture, even after the wrap is broken in. Most fabric store employees have never heard of it and will not be able to help you find it.	Anecdotally, osnaburg from some online sources is much thicker/rougher than the osnaburg available in stores. According to SleepingBaby.net, “J Thompson” brand osnaburg is much thinner than most and less desirable.

Protip: When attempting to locate osnaburg at a fabric store, instead of asking the employee about osnaburg, ask where they keep utility fabrics like muslin and burlap. Search this area yourself for a bolt of off-white fabric flecked with brown and check the bolt tag - osnaburg will be clearly labeled as such. If you still struggle to find it, ask an employee to look it up in their computer.

Duck Cloth (shorthand “duck”)		
What does it look like?	Where can I buy it?	What will it cost?
Feels sometimes almost like canvas (but not quite as stiff) or thick upholstery fabric. Comes in solid colors or one-sided prints.	Fabric stores (JoAnn Fabrics, Hobby Lobby, etc) Walmart Online fabric retailers Sometimes sorted with the “home decor” (“HD”) fabrics. A popular brand to use is Waverly Duck which has “wv dk” on the label.	Varies - \$5-\$30 a yard regular price. Most fabric stores have coupons available online for 40% off.
Pros	Cons	Things to look out for/avoid
100% cotton = easy care/washing Beautiful colors and patterns. Fairly inexpensive. Very strong and supportive with more “glide” than osna. Less grippy. Great for wraps, ring slings, mei tais, and structured carriers.	Single-sided prints have a plain white “wrong” side that show on ring slings or flipped wrap carriers. Takes longer to break in and feels stiff at first. Thicker than linen or osna; not as hot-weather friendly.	Check the care instructions on the fabric. Avoid anything with the instructions “wipe with a damp cloth” (which implies a waterproof coating). “Duck Canvas” (as opposed to “cotton duck”) is (anecdotally) much stiffer. Only buy if you can feel it in person.

Bottom Weight Linen		
What does it look like?	Where can I buy it?	What will it cost?
Thin but sturdy apparel fabric, usually with a fairly simple weave. Available in solid colors online Typically only available in neutral solids in brick & mortar stores.	Fabric stores (JoAnn Fabrics, Hobby Lobby, etc) Kept either in its own “linen” section or in the “bottom weight apparel” section near denim fabric. Online retailers: look for medium weight linen around 5-6oz/yd www.fabrics-store.com	Between \$10-\$20 a yard. Use a coupon in store. Check for sales online.
Pros	Cons	Things to look out for/avoid
The “gold standard” for breathable, hot-weather-friendly fabric. Stronger than cotton, so you can go with thinner fabrics. Very toddler-worthy!	More expensive. Usually only available in solid colors. Tends to “permacrease” when braided/folded/bunched; must be stored more carefully.	Thin, dress-shirt weight fabric. If weight is listed, 5-7oz/yd or 185-220gsm is desirable.

More Recommended Fabrics

Bottom Weight Cotton (Also known as Twills, Denim, Drill, etc)		
What does it look like?	Where can I buy it?	What will it cost?
<p>100% cotton, sturdy, pants-like apparel fabric with a complex, typically diagonal weave. Most commonly available in neutral solids.</p>	<p>Fabric stores (JoAnn Fabrics, Hobby Lobby, etc) Look for a "bottom weight apparel" section, or look near the denim fabric. Online: look for "twill," "drill," and "denim." For weight, look for 5-7oz/yd or 185-220gsm.</p>	<p>Between \$5-10 a yard. Check for sales or coupons.</p>
Pros	Cons	Things to look out for/avoid
<p>100% cotton = easy care/washing Typically easy to locate in a store. Fabric employees might actually be able to help you locate it.</p>	<p>Rarely available in fun colors or patterns. Thicker, less breathable</p>	<p>Stretch along width or length (minimal stretch along bias okay) Polyester or Rayon blends Thin, dress-shirt weight fabric Corduroy (too thick)</p>

Tablecloths (shorthand "TCs")		
What does it look like?	Where can I buy it?	What will it cost?
<p>100% cotton tablecloths. For wraps and slings, look for 90" oblong TCs or longer.</p> <p>Jacquard tablecloths (where the pattern is woven in on both sides) are ideal.</p> <p>Printed tablecloths (with a blank back side) are fine as long as they are thick enough.</p>	<p>Best quality are Mahogany brand jacquard tablecloths available on Amazon.com.</p> <p>Target (Threshold brand) ChristmasTreeShops (online) LinenTablecloth.com (online) TJMaxx, Ross, thrift stores</p>	<p>Anywhere from \$2 for a thrift store find to \$55 for a Mahogany.</p>
Pros	Cons	Things to look out for/avoid
<p>Jacquard TCs feel most similar to a "purpose-woven" wrap. Soft and easily broken in. Most of the hemming is already done. 1 TC yields 2 short wraps or 2 ring slings.</p>	<p>Can be thicker/less breathable. To make a long wrap, requires seaming (which is controversial.)</p>	<p>Thin, shirt-weight tablecloths. Anything that says "wipe with a damp cloth" or "stain resistant" or "easy care." Polyester blends (less than 30% okay)</p>

Colimaçon et Cie (shorthand C&C)		
What does it look like?	Where can I buy it?	What will it cost?
<p>Unhemmed purpose-woven wrap material in solid colors.</p>	<p>Buy direct from C&C's website</p>	<p>Approx \$11/meter plus shipping Occasionally on sale</p>
Pros	Cons	Things to look out for/avoid
<p>Exactly like a purpose woven wrap Soft, floppy, easily broken in.</p>	<p>More expensive Solid colors only</p>	<p>n/a</p>

4 Rules of Fabric Selection

To use a fabric for baby wearing, it must pass all four rules:

- 1) Fiber Content 2) Weave 3) Weight 4) Care Instructions

1) Fiber Content

Fiber	Usable?	Details
Cotton	Yes	Breathable, easy to care for (wash it however you want.) May shrink quite a bit.
Linen	Yes	The most breathable fabric. Very strong. Easy to care for. May “permacrease” and need regular ironing. May get “crunchy” or stiff with over-drying. <i>Note: Check fiber content on the bolt tag. A lot of fabrics sold as “linen” or “linen-like” fabrics are actually cotton, rayon, or other blends.</i>
Hemp	Yes	Very strong and toddler worthy. Harder to “break in” and soften. Usually hard to find in a light enough weight to use.
Wool	Yes	Softness and breathability depends on weave. Can potentially be very soft and surprisingly great for heat/summer wearing. Much higher maintenance; cannot be machine washed. Must be gently hand washed and air dried.
Silk	Usually yes, if true silk	“Real” silk (from the silkworm) such as shantung or dupioni is safe. Most “silk” brocades are actually polyester/rayon blends. Lightweight silks such as charmeuse are too light and slippery. “Silkessence” sold at JoAnn is not silk; it is polyester and should be treated as such.
Rayon Bamboo Viscose	Sometimes	Rayon is a semi-synthetic fiber. It can be sourced from many different plants, including bamboo. Rayon CAN be very strong and incredibly breathable, but it can also be thin and slippery. It all depends on what it is made from originally and the weave. For beginners, rayon should usually be avoided. If you are knowledgeable about fibers and fabrics and can shop by feel, rayon can be used without problem. Because rayon is also weaker when wet, a blend of less than 40% rayon mixed with cotton or linen is preferable. <i>Note: All Bamboo is Rayon, but not all Rayon is Bamboo. This is a common misconception about rayon.</i>
Spandex or Lycra	Usually No	Generally avoided. Only for use in a water wrap with 3 reinforcing passes (fwcc or pwcc.) Stretch due to weave is preferred over spandex content.
Polyester or Nylon	Usually No	Hot, sweaty, not breathable. Slippery: may not hold knots well and may slide through sling rings. “Safe” for use in buckle carriers but not ideal because of how hot it is. A blend of less than 40% polyester is considered “okay” but not ideal. <i>Exception: water carriers made from 100% polyester or nylon athletic materials are okay. Keep in mind that it is still more slippery and that mesh ring slings and wraps should only be used in the water where the moisture will add grip.</i>
“Other fibers” “mixed fibers”	No, Never	No mysteries allowed in your carriers! Would you buy food with ingredients that included “5% other ingredients”?

2) Weave

Fabric for any panelled carrier (SSC, Mei Tai, Onbu) should have zero stretch besides a little give along the bias (diagonal.) A ring sling or wrap can have a little bit of stretch along the bias or from rail to rail, but should have NO STRETCH from tail to tail. A three-pass stretchy wrap like a Moby can have stretch in all directions, but stretch should be due to the weave, not added spandex (except in the case of a water wrap, which may be made of 100% spandex/lycra.) Less stretch is better than more. Anything with “knit” in the name or description is going to stretch. Anything with “woven” in the name or description typically does not have any stretch.

Weave should be comprised of visible, thicker threads in a tight weave.

You should not be able to see between the threads.

You should be able to discern the individual threads. Complex weaves (such as twill/denim/duck) are stronger than plain weaves (which simply have threads crossing over one another like a tic-tac-toe board.) Fabric like quilter’s cotton and bedsheets have too small threads in too high a threadcount, making them prone to tearing. Fabric like flannel has distressed threads that make the weave hard to see. Fleece has no visible threads. None of these are safe to use.

3) Weight

Fabrics for weight bearing should be “bottomweight” - that is, heavy enough to make “bottoms” (pants) out of. Compare the fabric in feel to a pair of men’s dress pants, a pair of jeans, or a sturdy tote bag. When in doubt, pass and go for a fabric of known weight.

If weight is listed, look for between 5-7oz per square yard or 185-220gsm (grams per square meter.) Some brands (such as Waverly and some denims) list this information on the bolt tag.

If “suggested uses” are listed, look for suggestions such as “great for pants, upholstery, and bags.” Avoid fabrics recommended as “great for blouses, lingerie, crafts and quilting.”

4) Care Instructions

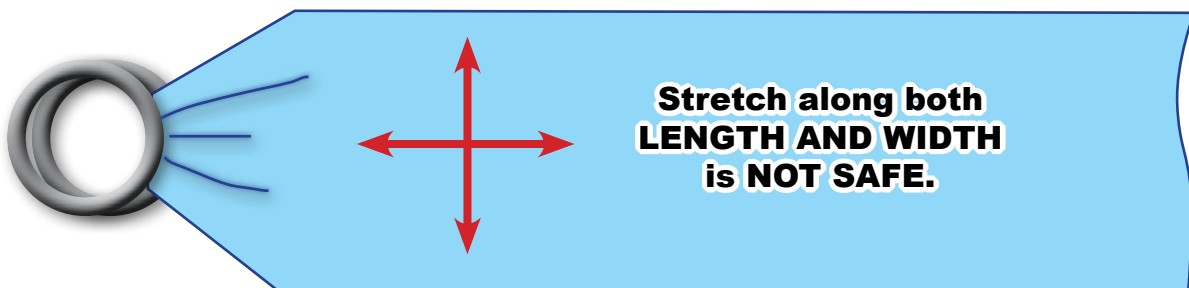
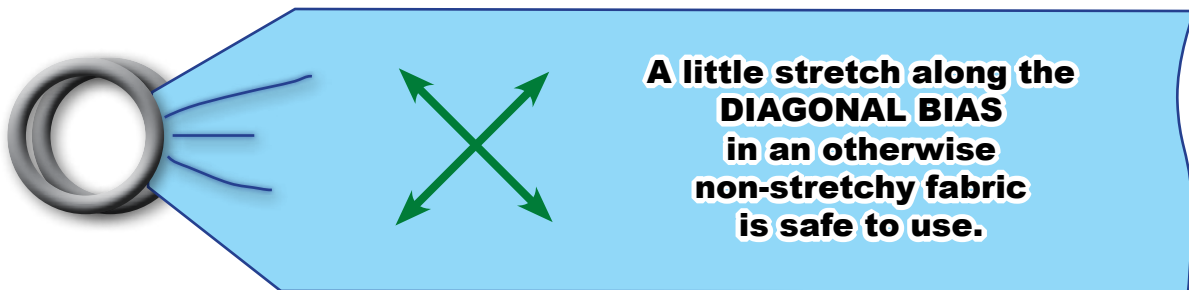
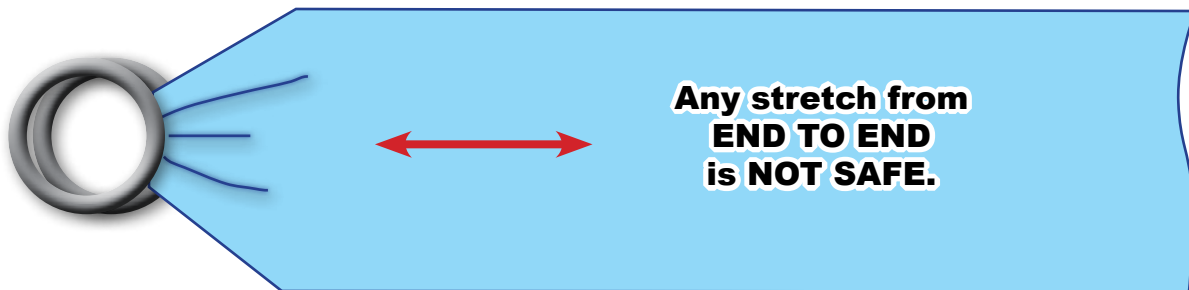
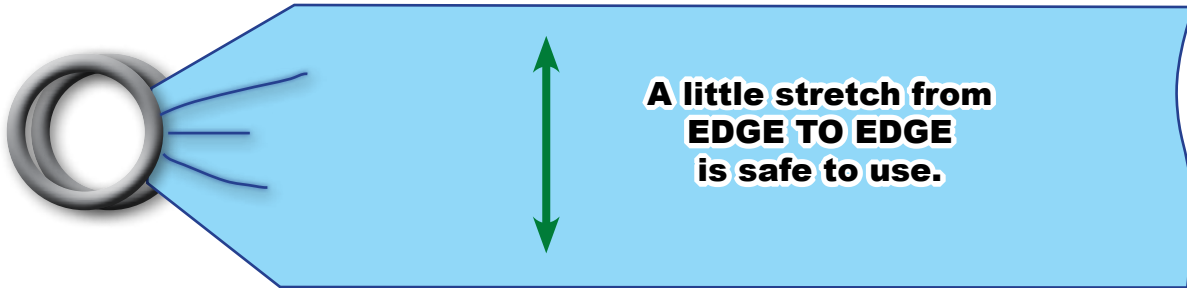
Avoid fabric/tablecloths whose care instructions indicate “wipe with a damp cloth,” as this implies that it has been chemically treated to be water resistant.

“Dry clean only” is usually fine (machine wash; dry cleaning chemicals are not baby safe) but keep in mind that the fabric may pucker, shrink, or fade.

“Fabric my crock” means that the dye may rub off the fabric (as opposed to dye bleeding, which only occurs when the dye is dissolved in water, crocking can happen just by touching/rubbing the dry fabric.) Some people avoid fabrics like this to keep their child from ingesting any excess dye; others simply prefer to run the fabric through several hot washes to remove any excess dye before using (and recognize that this may produce some fading.)

Can my wrap be stretchy?

These images use a ring sling as an example, but this applies to a wrap as well.
Any stretch along its length negates its effectiveness as a woven wrap and it should therefore be considered a stretchy wrap - good for front and hip carries only with 3 reinforcing passes.
Any stretch should be due to the weave, NOT the addition of spandex.



Wash Your Wrap (Special Instructions: Scouring Osnaburg)

Regardless of your fabric choice, you'll want to wash it as soon as you get home. The general rule is "wash it however you will wash your wrap." Despite the fact that I regularly cold wash/low heat dry my wraps, I still choose to always do my initial wash on hot with a hot dry just to get any shrinkage out of the way up front, especially in case any helpful family members ever decided to help and hot washed/dried my wrap. There are lots of opinions on "wrap-safe" detergents. The most important (in my opinion) is to avoid fabric softeners or any detergents with built in softeners because they will coat the fabric and make it slippery. Also, stick to a liquid detergent, since powdered detergents can build up in the fibers and weaken the fabric.

For most fabrics, one wash and dry is sufficient. If you bought osnaburg, however, you'll want to scour it. Not only does scouring make the fabric take dye more effectively (because, let's be honest, osnaburg is boring) but osnaburg is also NASTY off the bolt, so scouring helps deep clean it. Once you see/smell the water after scouring, you'll understand why you did it.



Instructions for scouring vary, but the common steps are:

- Steaming hot water
- Blue Dawn Dish Soap
- Soda Ash

Chemical name Sodium Carbonate
Found on the laundry aisle as Arm & Hammer Washing Soda
Found in pool supplies as PH+
Can be made by baking Baking Soda (sodium bicarbonate) in the oven

- Hour long soak

Some people prefer to literally simmer the fabric on the stove in a non-reactive (not aluminum) pot (if you do, it is recommended to not use the same pot for food.) An easier option is to pour boiling water into a cooler and shut it to keep the heat in. I scoured mine in the sink starting with boiling hot water and just kept the sink covered to keep it hot enough. After an hour, my water was still steaming hot. The important thing is just to keep in hot - whether you do that through direct heat or just insulation is up to you.

As far as amounts of soda ash and soap, for a size 6 wrap I've seen everything from "a few teaspoons of each" to "several tablespoons of each." Don't agonize too much over it. I always aim for "a generous scoop/squirt of each."

After an hour long soak (making sure to turn the fabric so it all is soaked), properly appreciate how brown and stinky the water is, and then dump the fabric into the washer for a good wash or two with wrap-safe detergent. Dry, then cut to size. Osnaburg is delightfully easy to get down to proper width - simply snip it at one end and rip it straight down.

Protip: if you plan on dyeing your wrap, look up the group [Dyed Baby Carriers](#) on Facebook for great info and support. Use only fiber reactive dyes that permanently bond to the fabric. Avoid dyes such as premixed liquid dyes and RIT.

Cut to width/length and add tapers (optional)

Re-measure after washing and drying and cut to length if needed. Cut the width down to between 28-34" (for a finished hemmed width of 26"-32".)

If you bought a 60" wide tablecloth, you will simply need to cut it in half lengthwise to be (approximately, after shrinkage) 30" wide.

Some fabrics, including osnaburg and duck, will "snip and rip" straight. Simply snip the fabric at the right width and then rip it down the length. If you aren't sure, test near an edge. Otherwise, you can measure and iron and then cut along the crease.

Woven Wraps	Sizing/Purpose	Meters	Inches	Yards
Width		0.7m - 0.8m	26" - 32"	0.7y - 0.9y
Size 1	Traditional Sling Carry length	2.0m	79"	2.2y
Size 2	Shorty Carries	2.5m	98"	2.9y
Size 3	Shorty Carries	3.1m	122"	3.4y
Size 4	Midsized Carries	3.7m	146"	4.0y
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Wrapsody Hybrid S/M		4.6m	181"	5.0y
Size 6	Avg Base (t-shirt size Med-XLg)	4.6m	181"	5.0y
Wrapsody Hybrid M/L		5.0m	197"	5.5y
Size 7	Plus Base (t-shirt size Lg-2XL),	5.2m	205"	5.7y
Wrapsody Hybrid L/XL		5.5m	217"	6.0y
Size 8	Tandems, Fancy Finishes, 2XL	5.6m	220"	6.1y

If you want to add tapers to your wrap (totally optional) keep in mind that the wrap's length is measured by the length of one rail, so if, for example, you were adding 6" tapers, you only need to add 6" to your total length of fabric, not 12"

Tapers are cut parallel:



For more info on tapers, check out [this page](#) or [this one](#).

Hem your edges



After washing and drying your fabric for shrinkage (and scouring it if it was osnaburg) hem all four edges.

Hem with whatever method you are comfortable with. A double folded hem of between 1/4"-1/2" is typical. You can iron and pin your hems before sewing, or just pinch press them like Jan does [in this video](#). Serging not preferred, but is okay (although the rails will not be as strong and more prone to damage.) Hemming by hand is tedious but safe.

If you really want perfect mitered corners, [this is my favorite video](#) that shows how to do it (yes, the video is about dinner napkins. The technique still applies.)

It doesn't matter too much what thread you use for the hems. An all-purpose thread is fine. Just keep in mind that while polyester thread is stronger and less likely to break as you are tightening your rails (especially if your fabric has any give to it), if you plan on dyeing your wrap, polyester won't take dye, so use a thread matching the FINAL color of your wrap. Unless you are an experienced sewer, avoid "heavy duty" thread, as these can jam up your machine if you aren't used to adjusting the tension. Again, since hems aren't "structural," feel free to use a straight stitch, zigzag, or even a decorative stitch for your hems.

But I can't sew/don't have a sewing machine/etc!

After cutting your wrap to size, you can take the fabric to your local dry cleaners to have it hemmed! You can call for an estimate, but many will do it for anywhere between \$5-\$20.

Softening/"Breaking In" Your Wrap

The easiest way to break in your new wrap is to just use it, but it can be no fun to wrap with a stiff, new wrap. There are several ways to accelerate the process, all taking advantage of either heat, friction, or both:

- washing and tumble drying with tennis balls/dryer balls*
- steam ironing
- sitting on it/laying on it/sleeping with it
- leaving it in a warm car (out of the sun - sunlight can damage fibers)
- braiding and unbraiding repeatedly
- running it back and forth through crib rails
- making a "wrap hammock" for your kids
- knot dragging

*Linen blends can actually be made stiffer and damaged by over-drying. Tumble dry linen until just barely dry, and then steam iron it the rest of the way to help soften it.



"Breaking in" a Woven Wrap by Knot Dragging

4,732 views



26



1

What can I do with a ____ size wrap?

The first step is to determine your base size. The definition of a “base size” wrap is a wrap in which you can comfortably do a Front Wrap Cross Carry (fwcc) in and tie off in back with a double knot. (If your wrap is tapered, it means tying off without tying in the tapers.)

While this can vary based on bust size, height, wrapping skill, wrap thickness/stretch, and child’s age/size, a general guideline is based on what size unisex t-shirt you most comfortably fit into.

T-shirt Size:	XS, Small	Med, Lg	Lg, XL, 2X	2X+
Likely Base Size:	5	6	7	8

If your base size is a 6, and if you have a size 4 wrap, you’ll be looking at the Base -2 (6 - 2 = 4) carries. Look up carries on YouTube. Good channels include [Wrapping Rachel](#), [Babywearing Faith](#), [Wraplena](#) and [WrapYouInLove](#). Click on each carry in this list for a link to a YouTube video.

Base +1 Carries

Taiwanese Carry		Back
Torso Double Hammock	(Torso DH)	Back
Wiggleproof Back Carry	(WP)	Back
Amanda’s Tandem Hip Carry		Tandem
Jasmine’s Tandem Hip Carry		Tandem

Also used for base carries with long tails or fancy finishes, like Double Hammock with a Freshwater/Saltwater Finish or Rucksack with a Goddess/Date Night Finish

Base Carries

***Front Wrap Cross Carry	(FWCC)	Front
Front Cross Carry	(FCC)	Front
Front Double Hammock	(FDH)	Front
Pocket Wrap Cross Carry	(PWCC)	Front
Pocket Wrap Cross Carry w/twins		Tandem
Reinforced Kangaroo		Front
Hip Wrap Cross Carry	(HWCC)	Hip
Reinforced Robin’s Hip Carry		Hip
Back Wrap Cross Carry	(BWCC)	Back
Charlie’s Cross Carry		Back
Double Hammock*	(DH)	Back
<small>(Sometimes requires Base+1)</small>		
Double Hammock Wiggleproof		Back
Mermaid Carry		Back
Ring Jordan’s Back Carry	(RJBC)	Back
Torso Wrap Cross Carry		Back
Ruckless Bikini Carry		Back
Faux-Bu Back Carry		Back
Double Sling Shoulder to Shoulder	(DSS2S)	Back

Base -1 Carries

Back Wrap Cross Carry with Ruck Straps		Back
Christina’s Ruckless		Back
Double Hammock Tied at Shoulder	(DH TAS)	Back
Ellevill Jordan’s Back Carry	(EJBC)	Back
Ellevill Jordan’s Starting with Coolest Hip Carry		Back
Giselle’s Back Carry	(GBC)	Back
Maxine’s Back Carry		Back
Norwegian Wiggleproof		Back
Rucksack Tied Tibetan	(RTT)	Back
Rucksack Tied Knotless Tibetan		Back
Secure High Back Carry	(SHBC)	Back
Wendy’s Double Hammock	(WDH)	Back

Base -2 Carries

Front Wrap Cross Carry tied under bum (FWCC TUB)		Front
Short Cross Carry	(SCC)	Front
Short Cross Carry with Ring		Front
Coolest Hip Cross Carry	(CHCC)	Hip
Reverse Coolest Hip Cross Carry	(RCHCC)	Hip
Semi Pocket Wrap Cross Carry		Hip
Robin’s Hip Carry	(RHC)	Hip
Robin’s Hip Carry with Ring		Hip
Jordan’s Back Carry	(JBC)	Back
Reinforced Ruck	(RR)	Back
Rucksack tied in front	(RTIF)	Back
Short Ruckless Bikini Carry		Back

Base -3 Carries

***Front Reinforced Torso Sling	(FRTS)	Front
Half Front Wrap Cross Carry	(HFWCC)	Front
Semi Front Wrap Cross Carry	(SFWCC)	Front
Kangaroo		Front
Poppins		Front/Hip
Hip Cross Carry	(HCC)	Hip
Hip Kangaroo Carry		Hip
Hip Reinforced Torso Sling	(HRTS)	Hip
Double Hammock Double Rings	(DHDR)	Back
Back Reinforced Torso Sling	(BRTS)	Back
<small>(AKA Semi Double Hammock)</small>		
Double Sling Carry	(DS)	Back
Half Jordan’s Back Carry	(HJBC)	Back
Knotless Ruck		Back
Lola’s Back Carry		Back
Reinforced Rear Ruck	(RRR)	Back
<small>(AKA Pirate Carry)</small>		
Twisted Pirate		Back
Shepherd’s Back Carry		Back
Short Back Cross Carry	(SBCC)	Back

Base -4 Carries

No No No Hip Carry (No Rings No Sew No Tie)		Hip
Ruck Tied at Shoulder	(RTAS)	Back
Ruck Tied Under Bum	(RTUB)	Back
Strap Carry		Back

Base-5 Carries

***Front/Hip Traditional Sling Carry	(TSC)	Front/Hip
No-Sew Ring Sling		Front/Hip
Simple Hip Carry	(HC)	Hip
Traditional Back Carry	(TBC)	Back

Base-6 Carries

Torso Carry	(TC)	Back
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*** Indicates a good “first” carry to learn.

Most info sourced from www.wearingwiki.com Carries link to YouTube where possible.

If you are wondering what happened to the “Rebozo carry” and why some carries’ names and acronyms have changed, [click here](#).

Nursing Friendly Carries: [Click Here](#)

Learn to use it!

Current BWI safety recommendations include wearing babies upright tummy to tummy (not in a cradle carry position) to help ensure a clear airway and legs outside of the wrap in an M position from birth to make sure the baby's weight is on their bum instead of their feet.

The **T.I.C.K.S.** Rule for Safe Babywearing

Keep your baby close and keep your baby safe.

When you're wearing a sling or carrier, don't forget the **T.I.C.K.S.**



- ✓ TIGHT
- ✓ IN VIEW AT ALL TIMES
- ✓ CLOSE ENOUGH TO KISS
- ✓ KEEP CHIN OFF THE CHEST
- ✓ SUPPORTED BACK

There are several videos on YouTube that can help you get started. If you need further help, look for a babywearing group locally or on Facebook. Learn a good starter carry (below) and then look up other carries on YouTube to branch out. Learn several front carries before attempting a back carry, even if you are starting with a toddler.

Some good videos from great channels to follow:

“Front Wrap Cross Carry FWCC with a newborn” - BabywearingFaith

FWCC is the “standard” starter carry to learn with a base-sized wrap. Even if your baby is older, perfect your front carry wrapping/tightening technique before attempting a back carry.

“Front Reinforced Torse Rebozo (FRTR)” - Wrapyouinlove

Front Reinforced Torso Sling (FRTS) is a good starter carry if you have a midsize (usually size 4) wrap, or if you just find that your wrap is just a little too short for FWCC.

“Rebozo Front or Hip Carry with slipknot” - WrappingRachel

A traditional sling carry, formerly called a rebozo carry, can be done with even the shortest of wraps. Very similar to a ring sling, but without the rings. Newborn-friendly and nursing-friendly.

Bonus: How to Wash Your Wrap

Unless you went with a tricky material like silk or wool, you can machine wash your wrap like you would the rest of your clothes. Cold wash to prevent extra shrinkage and tumble dry on low. Dryer balls (or clean tennis balls) in the dryer can help soften a new, stiff wrap.

Avoid fabric softener (or detergents with fabric softener added) because it coats the fabric and can make your knots slip. Avoid powdered detergent that can get caught in the fibers while they are wet and weaken/damage them as they dry. (Note: Ecos is a popular wrap detergent. While it advertises that it “includes fabric softener,” this is more of a marketing ploy - it does not actually contain anything that would coat the fibers and is still an excellent choice for wraps.)