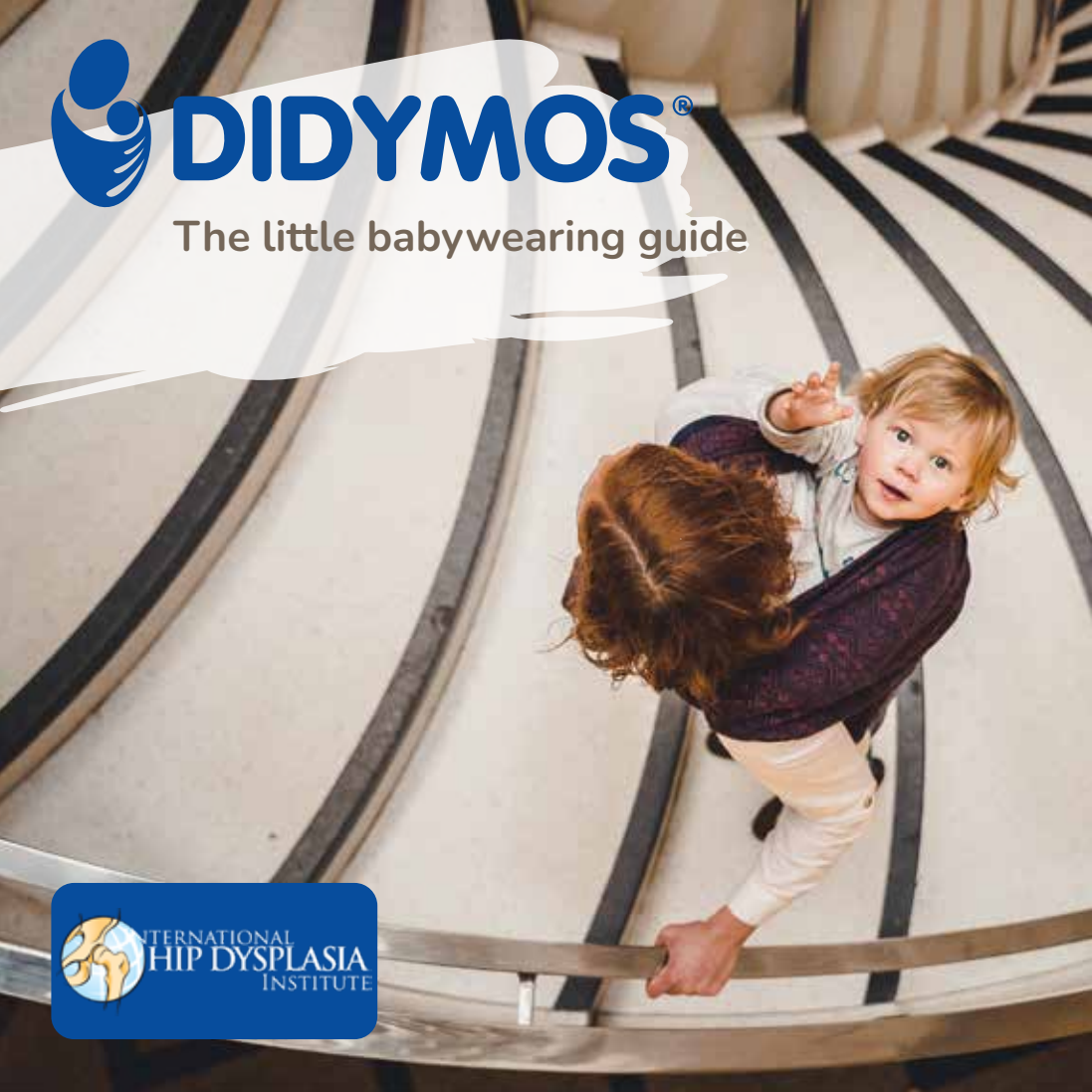
DIDYMOS®

The little babywearing guide



INTERNATIONAL HIP DYSPLASIA INSTITUTE

Dear parents,

Human babies are born to be carried and, with their instincts and reflexes, expect nothing more than to be carried. Nevertheless, many young parents assume that we can put our little ones down without complaint so that we can go about our business. With the birth of a baby, everyday life is thrown into turmoil, new ideas are born and new routines have to be made. After the birth of her twins, the third and fourth children, our mother Erika Hoffmann was looking for a practical way to continue her work without having to give up the closeness to us children. A wrap from South America – once brought by a friend – promised her a solution. She tried out various things – without any instructions – and soon it was impossible to imagine her everyday life without the sling. This is how DIDYMOS was born in 1972, because this practical idea quickly inspired other families.



More about DIDYMOS and our story

With perseverance, our mother made contacts, among others with midwives and paediatricians, and found support. She laid the foundation for the return of babywearing to the western world with her sling and the tying techniques she developed for it. In the meantime, we, her daughters, continue to run DIDYMOS. Like our mother, we place unconditional value on quality and sustainability as well as responsible social action on the part of our company. And we also carry on the spirit of innovation: in addition to the wraps, DIDYMOS now offers a wide range of baby carriers. Together with our DIDYMOS team, we want to ensure that all parents and babywearing enthusiasts find the perfect solution for themselves and their baby. In the turbulent everyday life of a family, carrying is not only a practical relief, because it also and especially offers closeness, security and so much more. Today we welcome you to our world of babywearing and show you that it is much easier than it seems at first glance!





Tina Hoffmann

Anna Hoffmann

and the DIDYMOS-Team

The advantages of babywearing …
… for the baby:

Babywearing is love: the closeness promotes a secure bond between the person carrying the baby and the baby.
Healthy and safe: Baby‘s back is safely protected and the spread-squat position supports hip development.

Do you want more info? Look here:



Carrying promotes all the senses:

Hearing: Your baby hears the sounds of the world in a safe environment, your voice and heartbeat provide security.

Security: Your baby can snuggle up to you whenever he or she needs a break – on the side and everywhere. Carried babies cry less.

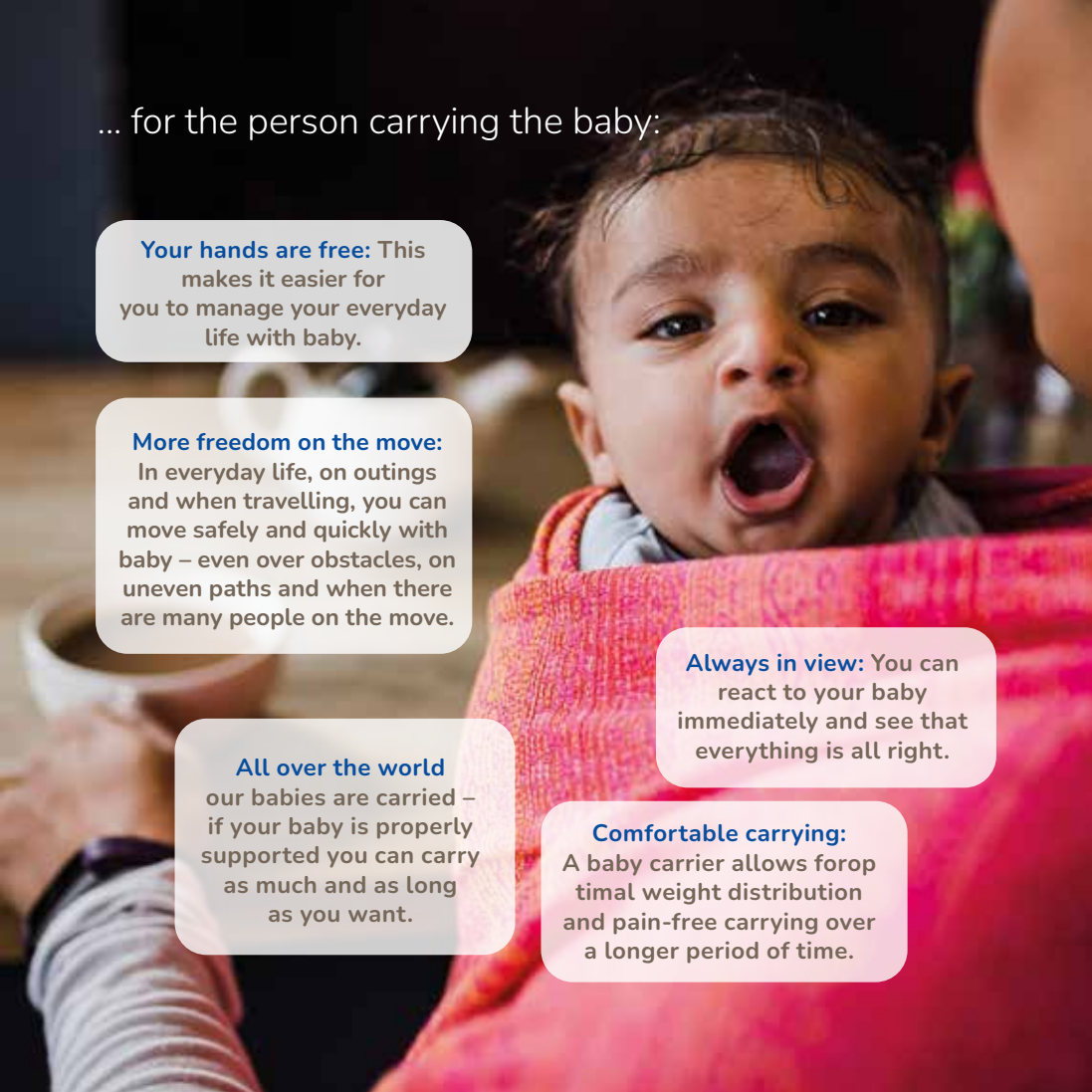
Body self-awareness: your movements train your baby‘s sense of balance and motor development.

Feeling: Your baby feels your closeness and gets caresses.

Tasting: Breastfeding and later a snack is also possible while being carried.

Smelling: Your baby notices your familiar smell and your surroundings.

Seeing: Your baby sees the world at eye level.



… for the person carrying the baby:

Your hands are free: This makes it easier for you to manage your everyday life with baby.

More freedom on the move: In everyday life, on outings and when travelling, you can move safely and quickly with baby – even over obstacles, on uneven paths and when there are many people on the move.

Always in view: You can react to your baby immediately and see that everything is all right.

All over the world our babies are carried – if your baby is properly supported you can carry as much and as long as you want.

Comfortable carrying: A baby carrier allows forop timal weight distribution and pain-free carrying over a longer period of time.



The basis for safe and healthy carrying in sling and carrier

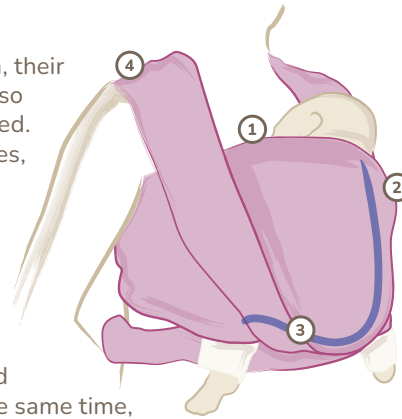
In order to always carry your baby safely and healthily, you should always observe the following points and you can do a small check-up after each carrying.

Check-up after tying:

- Are my baby‘s airways clear at all times?
- Is the baby sitting upright?
- Is my child well-supported all around and is the back round when sleeping?
- Is the head well-supported?
- Does my child adopt the spread-squat position?
- Does the seat width reach from knee to knee?
- Are the child‘s lower legs and feet free to move?
- Does my child stay close to my body even when I lean forward?
- Are my hands free and can I move easily?
- Is the carrier or tying method comfortable for me even over a longer period of time?
- Have I adjusted or tied everything so that it is comfortable for me?

1 Clear Airways

To ensure your baby gets enough oxygen, their nose should always remain clear. This also allows exhaled air to be properly dispersed. The head support, as well as large scarves, should never be spread over the entire baby's head.



2 Secure Support

Your little baby should always be well supported and securely held by the baby carrier. This provides optimal support and prevents your baby from slumping. At the same time, your baby's back should be able to maintain its natural curve. Newborns also need additional support for their neck. As your baby grows, they will gradually be able to support themselves more securely while awake.

3 M-Position

Your baby naturally draws their legs up when you pick them up. Your baby should be able to maintain this M-position while being carried, with the carrier's seat extending from one knee to the other. This supports the optimal development of your baby's still-maturing hips.

4 Comfortable Weight Distribution

Carrying always involves two: To make carrying comfortable and gentle on your body in the long term, make sure your wrap or baby carrier fits securely and comfortably. When properly tightened, your baby's weight is held close to your body, making them easier to carry. Make sure the wrap or shoulder straps are tied or adjusted around your shoulders and back so that they feel comfortable for you.

What are the different types of baby carriers?

Full Buckle Carrier

This baby carrier uses buckles to fasten. Correctly adjusted, it is quickly put on and can be worn in different positions.

- Quick to put on, light to pack, very comfortable to wear.
- needs to be readjusted when used by another person

Our Full Buckles: DidyFix, DidySnap, DidyFix Toddler

Half Buckle Carrier

Half buckle carriers have a waist belt with a buckle and straps that can be tied. They are the perfect mix of carrier and sling, making them very comfortable to wear.

- Simple intuitive handling, few adjustments necessary, quick change between users, high wearing comfort.
- long shoulder straps may take some getting used to

Our Half Buckles: DidyFlow, DidyKlick, DidyKlick Toddler





Wrap Conversion

Wrap Conversion (Wrap Con) originally referred to a baby carrier made of sling material. Today, the term usually refers to a baby carrier that can be tied and has shoulder straps that can be fanned out. Therefore, a carrier can be called a Half-Buckle or Wrap Con at the same time.

- different tying methods for optimal weight distribution as needed
- long shoulder straps

Our Wrap Cons:
DidyKlick, DidyKlick Toddler

Hip Carrier

The hip carrier is a practical and comfortable solution for quick carrying in everyday life with your baby or toddler. It combines ergonomic support for your child with great flexibility and particularly easy handling.

- Compact and easy to pack, breathable and ideal for summer, quick and easy to put on
- Rests on one shoulder with a padded shoulder section

Our Hip Carriers: DidyHip, DidySling





Toddler Carrier

A toddler carrier is an extra large carrier for larger babies and toddlers.

- Comfortable carrying with a larger child

Our Roddler Carrier:
DidyKlick Toddler,
DidyFix Toddler

Onbuhimo

The Onbuhimo (Onbu for short) is designed as a back carrier without a waist strap for larger babies. It has backpack straps and thus offers a quick carrying option for children who need small breaks every now and then.

- small pack size, carrying without a waist belt, e.g. during pregnancy
- recommended from sitting age

Our Onbuhimo: DidyGo





Baby Wrap Sling

The baby wrap sling offers a variety of tying options for all uses for babies of all ages. While elastic wraps are knitted and are soft and cuddly especially for small babies, there is almost no limit to the use of woven slings.

- numerous ways of tying, no adjustment necessary, grows with the baby indefinitely
- requires some practice

Our Baby Wrap Slings:
DIDYMOS baby wrap sling (woven), DIDYMOS jersey sling (elastic)

Ring Sling

The Ring Sling is a short wrap that is held in place by rings and can be used from birth. Its small pack size means it fits in any bag, can be pre-tied and is ideal for short distances and walking children who want to get in and out more often.

- small pack size, airy in summer, quickly put on
- rests on one shoulder only

Our Ring Sling: DidySling made of woven or elastic sling fabric





DIDYMOS baby carriers

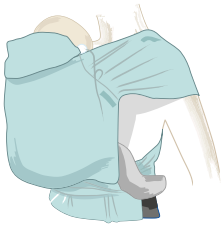


DidyFlow
Half Buckle

Standard: 3,5 – 20 kg

Carrying Positions: centered on front, back, hip

- Secure waist belt
- Padded shoulder straps for optimal comfort and easy handling
- Continuously adjustable back panel
- Suitable for all wearers
- Quick and easy to learn how to put on



DidyKlick®
Wrap Conversion

Standard: 3,5 – 20 kg
Toddler: 7 – 25 kg

Carrying Positions: centered on front, back, hip

- Secure waist belt
- Versatile shoulder strap tying options for maximum comfort
- Suitable for all wearers
- Two sizes: from birth and for toddlers
- Easy to learn how to put on



DidyFix
Full Buckle

Standard: 3,5 – 20 kg
Toddler: 7 – 25 kg

Carrying Positions: centered on front, back, hip

- Quick to put on without tying, also ideal for beginners
- Straps can be crossed
- Small pack size
- Good value for money



DidySnap®
Full Buckle

Standard: 3,5 – 20 kg

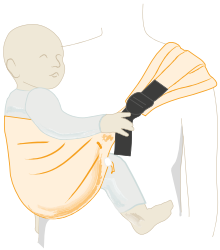
Carrying Positions: centered on front, back, hip

- Squick to put on withouttying
- Individual adjustment possibilities

We are committed to the highest quality.

The following applies to all our baby carriers:

DIDYMOS baby wraps



DidyHip
Hip Carrier

Standard: 5,5 – 20 kg

Carrying Positions: hip

- For quick and easy carrying in everyday life
- Ergonomic pouch with drawstrings: individually adjustable

- **They are individually customisable and grow with your childfor a long time**
- **They adapt to the person carrying the baby and guarantee a spread-squat position**
- **Are tested according to CEN/TR 16512 and ASTM F2236:16a**

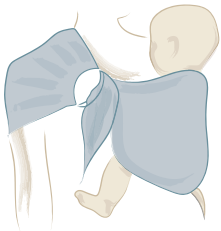


DidyGo
Onbuhimo

Standard: 7 – 20 kg

Carrying Positions: back

- Without waist belt
- Very quick to put on
- Recommended from sitting age
- Very small pack size
- Ideal for kids on the move who like to be carried short distances
- No pressure on the belly (e. g. during pregnancy)

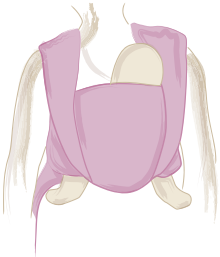


DidySling
RingSling

From birth until the end of the carrying period

Carrying Positions: centered on front, hip

- Short sling, closes with rings
- Very small pack size
- Perfect for short journeys
- Available in woven fabric or jersey



Didy Wrap
Woven / Jersey

From birth until the end of the carrying period (elastic wraps to 20 kg)

Carrying Positions: centered on front, back, hip

- Different lengths for all uses and body sizes
- Various tying techniques allow ideal comfort and weight distribution
- With a little practice, the most natural carrying experience
- Different patterns and materials provide variety

Q&A about babywearing

When and for how long can I start carrying my baby?

You can start carrying your baby from its first day of life. Nevertheless, the new mother should of course slow down in the postpartum period and, if possible, leave the carrying to others. As long as it is comfortable for you and your child, there is no limit to how long you can carry your baby.

In which positions should I carry my baby?

We recommend carrying centered on front, on the back or on the hips. For older children, carrying on the back is often a relief for the parents, especially for the pelvic floor. We recommend that children are always carried with their face turned towards the person carrying them. All our baby carriers are designed with this in mind. This is the only way to ensure the correct position of the child and optimal carrying comfort. In this position, your baby can also make eye contact with you and feel safe with you.

Do I spoil my child when carrying it?

Carrying gives love, sharpens the memory and promotes all our senses. We humans are born to be carried and can develop optimally through carrying.

Can I wear at any time of the year?

Babywearing is possible all year round and in any weather with the right conditions. The rule of thumb is that the baby carrier or sling always replaces a layer of clothing. In winter, babywearing is particularly practical because your body heat reliably keeps your baby warm. A babywearing jacket or cover protects both of you from the weather. In summer, we can also protect our babies well from the sun and heat while carrying them. Airy carrying systems and breathable materials can be helpful here. A hat and umbrella or a baby carrier protect against UV radiation.

What fabrics can I use for babywearing?

There are different materials that are used in wraps and baby carriers. We attach great importance to using only natural and high-quality materials, because we want only the best for our and baby‘s skin. Therefore, all DIDYMOS fabrics are made of organic cotton (kbA or GOTS certified) or blended fabrics with natural yarns that follow the highest ecological criteria.

- Cotton is easy-care and hard-wearing.
- Wool is temperature regulating and cosy.
- Linen is particularly cool to wear in summer and is very strong.
- Hemp drapes beautifully, makes heavy, sturdy cloths and is otherwise similar to linen.
- Silk is supple, soft and airy.
- Cashmere is light and incomparably soft.



Does my baby always have to sit perfectly when being carried?

Your baby will not be harmed if the carrier does not (yet) fit perfectly. Carrying requires some practice, especially at the beginning, and with time it becomes easier and easier to put on the carrier or tie the sling. Give yourself some time in the beginning to develop a routine with the carrier or the sling. It is important that your baby always sits firmly in the sling or carrier so that it does not slump, as this could make breathing more difficult. The older and more active your baby becomes, the more interested it will be in its environment. For example, an awake baby may naturally „come out“ of the sling, take a hand or arm out of the sling and look around.

Does babywearing damage my back?

All babies are carried a lot during their young lives and a sling helps you to carry in a relaxed position. You should not have any pain when carrying: As soon as something hurts, you need to make a change. Check that the sling or carrier is tied tightly enough and adjusted correctly. Try a different tying technique or adjustment to see if it helps and contact a babywearing counsellor if you can‘t find a solution yourself.

Do I absolutely need a babywearing consultancy?

A babywearing consultancy can make it easier for you to start carrying, give you confidence in the correct use of carrying aids and be a great help, especially in special situations such as restrictions. However, you also have the possibility to acquire knowledge about carrying yourself, a good start is this small carrying guide. You can find much more information, instructions and tips on our homepage. Of course, you can also find the contact for a babywearing consultant in your area there.


Find more answers
in our FAQ:

Support and community

www.didymos.com

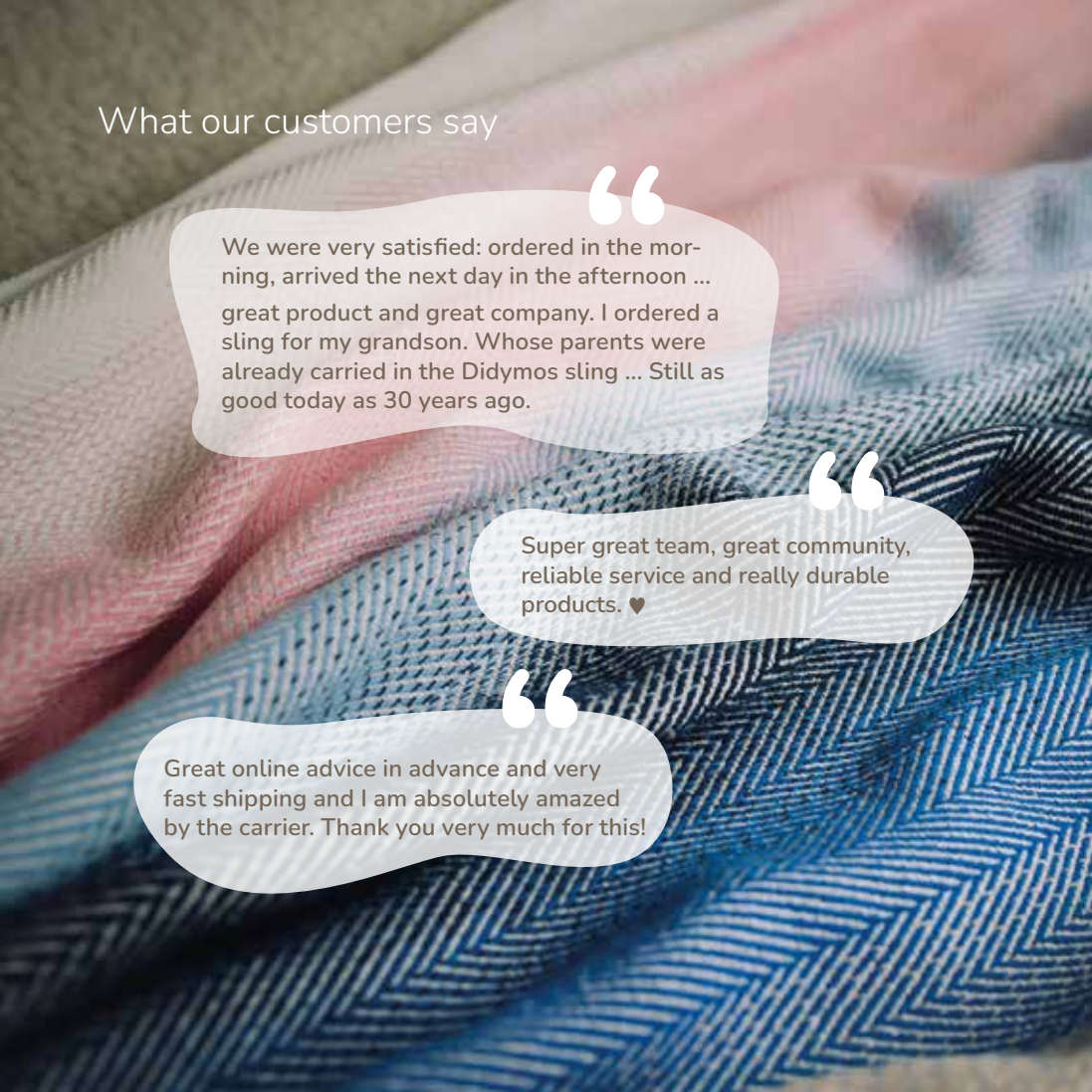
Do you have any questions about our DIDYMOS products or babywearing in general?

Our team of trained babywearing consultants will be happy to help you. Just send us an email to mail@didymos.de or call us on +49 7141 975710.

DIDYMOS Community

The beauty of babywearing? It connects – and you are welcome to join our community.

Let us inspire you on the subject of babywearing and find interesting facts about parenthood. We keep you up to date on new releases, give you an insight behind the scenes, answer your questions and you can exchange ideas with other parents.



What our customers say

We were very satisfied: ordered in the morning, arrived the next day in the afternoon ...

great product and great company. I ordered a sling for my grandson. Whose parents were already carried in the Didymos sling ... Still as good today as 30 years ago.

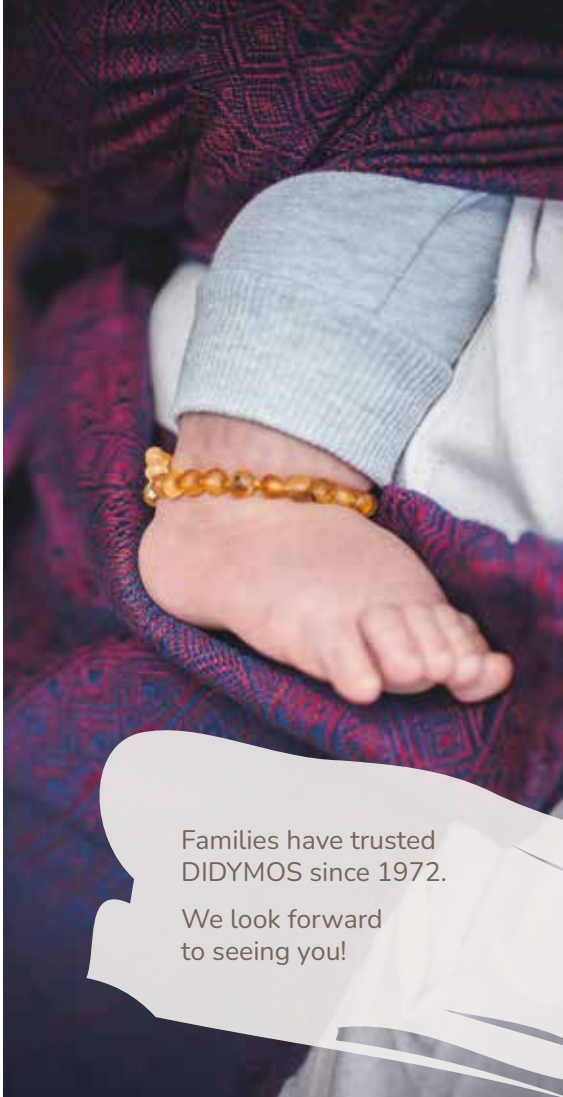
Super great team, great community, reliable service and really durable products. ♥

Great online advice in advance and very fast shipping and I am absolutely amazed by the carrier. Thank you very much for this!

DIDYMOS®
Erika Hoffmann GmbH
Alleenstraße 8/1
D-71638 Ludwigsburg

Telefon +49 (0) 7141/9 75 71-0
E-Mail mail@didymos.de

© 2026 DIDYMOS®. All pictures and texts are the property of DIDYMOS GmbH. Any duplication or reproduction – even as extracts – requires permission in writing.



Families have trusted DIDYMOS since 1972.

We look forward to seeing you!