

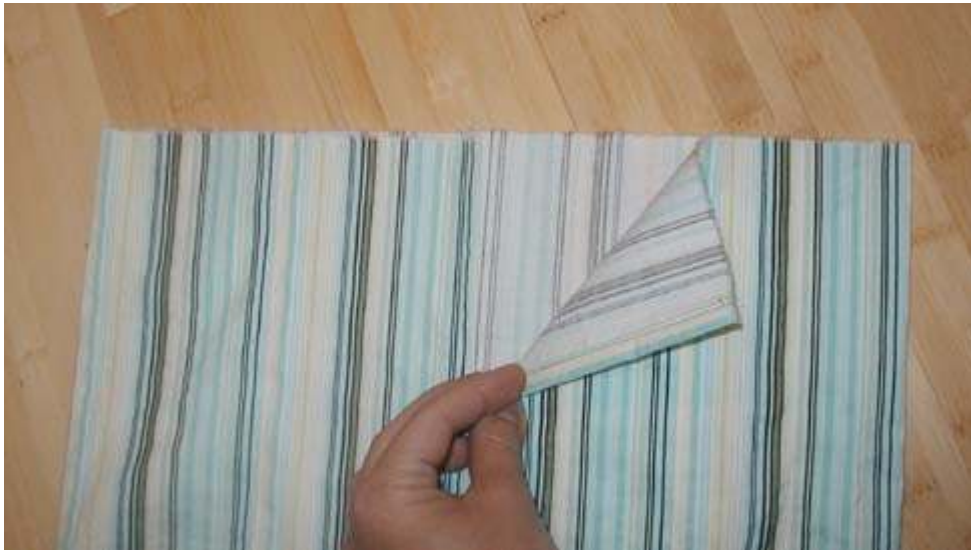
## Unpadded Ring Sling

Download available at [SewingMamas.com](http://SewingMamas.com)

I made my slings 2 yds long, 32" wide. This is a size small sling. For a medium to large, I would do 2 1/4 - 2 1/2 yds long. Stretch poplin, regular poplin, and quilter's cottons all work. You don't want anything too thick or it won't slide through the rings.

First, hem the two long sides and 1 short side.

Next, take the unhemmed short end with wrong side facing up and find the center of that end. Fold each side in to the center.



Then fold the two ends in to the center again.



Then fold the two ends in to the center one last time.



Serge across the unfinished edge to hold all the folds in place.



Fold the serged edge through your two rings. Splay out the folded sling a bit so it will lay over your shoulder.



Sew several (I do eight) lines back and forth across the serging. I used a small stitch also. This seam takes the weight of the baby, so make it strong!



Thread the other short end through the rings and you are done.



Sling sources:

<http://www.nestmom.com/slingrings.html>

<http://www.slingrings.com>

<http://www.elizabethlee.com/accys/ringssale.htm>

Don't use wooden rings! The pressure of the two rings against one another will snap them.