

# Carry a baby on your back, Africa-style

In Tanzania and other parts of East Africa, women carry babies on their backs using a kanga. A kanga is like a sarong. They are usually bright and colourful and they often have an African proverb printed along the bottom. Women (and some men), wear kangas, and they use them for lots of other things – including carrying babies.

To practice carrying a baby on your back, Africa style, you will need:

- a sarong or a kanga (about 1.5m long and 1m wide)
- a baby-sized doll



## Instructions

1. Put the kanga around the back of your waist and hold both ends out to the side.
2. Lean forward, keeping hold of the ends of the kanga.
3. Get someone to put the doll onto your back, face down.
4. Slide the cloth from your waist upwards towards your shoulders. Make sure the bottom of the kanga fits underneath the doll's bottom, and that its legs are not covered.
5. Take the right side of the kanga and put it over your right shoulder.
6. Bring the left side under your armpit.
7. Tie the ends firmly together in the middle of your chest.



VSA volunteer Anne Perera gets a lesson from friends about how to carry a baby, Tanzania-style.

Kanga often have an African proverb written on them.

