

babysense^{☆☆}

baby wrap instruction manual



Our Baby Wrap is made of a light 100% cotton fabric, more suited to warmer climates, with an added extra support layer to ensure a snug fit for your baby. It is fully adjustable ensuring a perfect fit every time. The Baby Wrap will enable you to 'wear' your baby without the fuss of clasps or buckles and your baby simply goes with you as you carry on with your day to day activities. It's great to be able to wear and not wheel your baby around!

Our wish is that your Baby Wrap will help you and baby experience the joys of baby wearing.

♥ *thank you for choosing the Baby Sense Baby Wrap*

Getting started

This instruction book is a guide for exploring the various ways to use your Baby Sense Baby Wrap. Baby wearing is a time-tested tradition practised around the world for centuries, and with this wrap baby and wearer can now enjoy all the benefits of being close for extended periods of time.

After a hold has been introduced, continue to use it as long as baby is comfortable and secure. Remember each child is an individual and will develop at their own rate and have their own preferences.

Carry your baby in the Baby Wrap the same way that you would in your arms - supported, snug and aligned. By mimicking the way you naturally carry your baby you will find:

- Baby's preferred carrying position
- A hold that is soothing and calming for baby and wearer
- Decreased back strain on the wearer
- Baby in a correctly aligned position

Your baby's safety

The recommendations in this booklet are only guidelines; always use your best judgment in order to keep your baby safe and secure. The safest baby is with its loving, intuitive mother – right next to her!

According to the American Society for Testing and Materials standards, wrap and sling style baby carriers are required to be labeled with a minimum starting weight of 3.6kg. For babies under that weight, please check with your healthcare professional to get the go-ahead before using a carrier.

- Never use this carrier for a preterm infant without seeking the advice of a healthcare professional.
- Read and follow all printed instructions.
- Examine your wrap before each use for wear and tear, including ripped seams or torn fabric. Do not use if there is any damage to the fabric.
- Check that baby is safely positioned in the wrap according to instructions for use.
- Check on the baby often. Ensure that the baby is periodically repositioned. Failure to pay attention can lead to falls or failure to notice distress.
- If using the wrap while breastfeeding, always move the baby's face away from the breast after feeding and then reposition baby upright.
- Never leave a baby in a baby carrier that is not being worn.
- Never use when balance or mobility is impaired because of exercise, drowsiness or medical conditions. Your balance may be adversely affected by your movement and that of your child.
- Never use the wrap while engaging in activities such as cooking and cleaning that involve a heat source or exposure to chemicals.
- Never wear the wrap while driving or being a passenger in a motor vehicle.
- Never place more than one child in a baby carrier. Never use more than one baby carrier at the same time.
- Never use the wrap in any body of water.
- Keep baby facing towards the caregiver. Never face a baby outwards before they have head control.
- Use only the positions that are appropriate for your baby's age. For example: a newborn should only be carried in the newborn hold for appropriate neck support.
- Be mindful of your baby's temperature, always ensuring he is comfortable.

- Provide support to your baby when bending down or leaning over, as your baby could fall if unsupported.
- Always ensure that the wrap is secured with a double knot.

Important to remember:

- Premies, low birth weight newborn's, babies with an upper respiratory infection, low muscle tone, or GERD should be carried in an upright position and should NOT be held in a horizontal (cradle, hammock) position across the wearer's chest.
- If you are practising kangaroo care, always place your baby in an upright position.
- The horizontal position is not recommended for extended periods of time in the carrier, because having legs swaddled together is not ideal for hip development (especially in infants with pre-existing hip dysplasia).

Safety checklist



Chin is off chest and nose and mouth is not covered



Face is visible and not pressed tightly against your body



Baby is close enough to kiss their forehead



Front panel section is securing baby's entire back and shoulders



Baby is carried above your hip, fabric is spread to hollows of baby's knees.



Baby is in a seated position, with knees up above bottom.



YES

Chin up, face visible, nose and mouth free



NO

Baby is too low



NO

Baby is hunched, chin is touching chest



NO

Baby's face is pressed tight against wearer



NO

Baby's face is covered

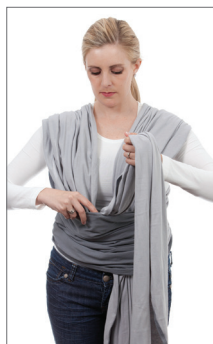
How to tie your wrap



Open the Wrap and find the front panel. Place the panel at the centre of your waist and wrap the fabric around towards your back.



Cross fabric over each shoulder, bring it up and over to the front. Try not to let the fabric twist. Don't worry if the fabric bunches up.



Tuck the two sides of the fabric under the section around your waist.



Pull the two pieces down so that the front panel begins to rise. The fabric should fit snugly around your chest as it will stretch around your baby.



Cross the pieces, bring them around your waist and behind your back. Remember, your baby is going to be positioned where the cross is. The fabric should fit snugly as it will stretch.



Cross the fabric around your back.



Bring the fabric around your waist again and tie it securely with a double knot.

Remember:

You probably won't get it right the first time. It takes some practice, but once you get it right, you will never want to carry your baby any other way.

petite and plus-size friendly - perfect fit for everytime:

plus-size moms or dads when wrapping, simply tie a knot at your back.

petite moms simply wrap the fabric one more time around yourself before knotting off.

Helpful hints

- Newborn babies with colic, gas or acid reflux often prefer being carried in an upright position.
- If baby doesn't like being in the wrap, gently take baby out and try again later.
- A baby can sense a wearer's hesitance when using the wrap. Babies who 'don't like being wrapped' usually enjoy it (and fall fast asleep) when carried by an experienced baby wearer. Keep practising!
- Babies will cue you when they are ready to be out of this position by starting to stretch their legs. At this point, you may put baby's legs through the fabric as instructed in the Hug Hold.

How to check that baby is wrapped correctly



Baby should stay close to your body, and fit snugly in.



Support baby with one hand and lean forward. Your wrap is too loose if baby moves away from your body.



Bring front panel down to baby's mid-back. Insert your hands through side of wrap and adjust baby. If you can't, baby is wrapped too tight.



After checking that baby is wrapped correctly and you are happy that baby is safe and comfortable, pull the front panel back up to secure your baby's shoulders.

How to take baby out

HINT: Keep your wrap on, and then baby can go back in when ready.



Lower the front panel below baby's bottom. Open fabric, carefully supporting baby as you do this. Newborns will need additional head support.



Lift baby straight up and out of the wrap. Keep baby close to your body as you lift up.

Newborn Cradle Hold



Fold your wrap in half when tying so that it makes a pouch for your baby.



Place the baby in the pouch closest to your chest and spread the fabric over your baby.



Place your baby's feet in the opposite pouch and spread the fabric over your baby again.



Pull the front panel up and over your baby. It is important that your baby's head is resting in the pouch for neck support, but make sure his face is not fully covered.

Newborn Hug Hold



Take the shoulder piece closest to your body. Slide your baby down your chest and into the shoulder piece, leaving his legs tucked in the fetal position.



Spread the other shoulder piece over your baby's body.



Pull the front panel up and over your baby's body.



Remember your baby's face should be visible with the fabric providing support around the back and head as it will stretch around your baby.

Hug Hold



Place one of your baby's leg through the piece of fabric that is closest to your body.



Spread the fabric over your baby's bottom, back and shoulder. If your baby is older and does not enjoy having his arms tucked in, then don't spread the fabric over his shoulder.



Tuck your baby's other leg into the second piece of fabric. And again, spread it nice and wide over his bottom, back and shoulder.



Pull the front panel up and over your baby's bottom and back. You can keep his legs covered or uncovered.

Hip Hold



Before you wrap, choose the hip on which you'd like to carry baby. Wrap so that the shoulder piece closest to your body is the side on which you will carry baby. Shift the wrap so that the front panel is moved from your front to your side.



Place one of baby's legs through the shoulder piece closest to your body, so that baby straddles your hip. Spread the fabric over baby's bottom and shoulder.



Bring baby's other leg through the opposite shoulder piece. Fully spread the fabric, ensuring it is up to the hollows of baby's knees and over baby's entire back.



Locate the front panel and gently put both of baby's legs through this section. Pull fabric up over baby's back and shoulders. Baby should be seated comfortably at your hip with baby's shoulders secured by three layers of fabric and legs straddling you.