

# Front Carry



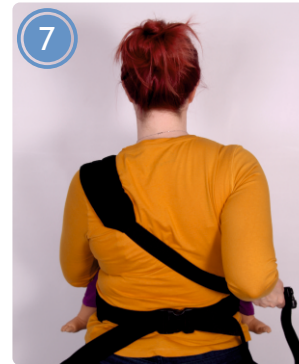
With the carrier upside down and inside out, fasten the waist buckle around your waist. Tighten by pulling the slack outwards.



Ensure that you have plenty of excess webbing on the top straps.

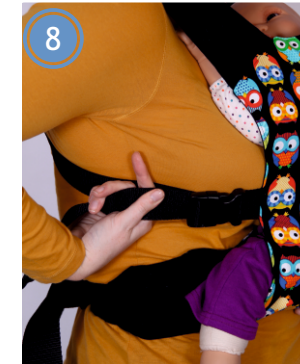


Hold baby on the waistband of the carrier. Baby's legs should be in a seated position.

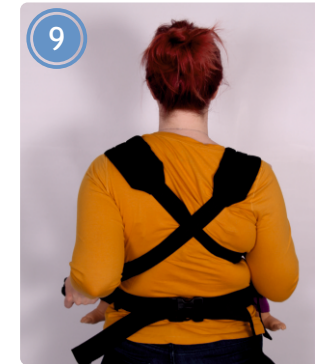


Ensure the strap is flat against your back, and not twisted.

Bring the buckle under your arm, and fasten.



Tighten the webbing by pulling the slack backwards and at an upwards angle. The webbing needs to be quite tight, you can adjust it later if it is too tight.



Repeat steps 4 and 5 with the other top strap, continuing to support baby at all times until you are sure baby is secured.

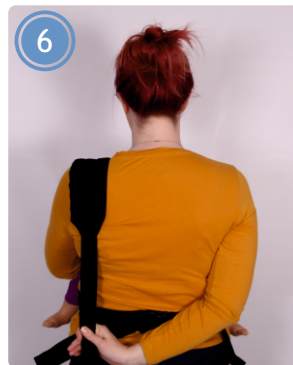


Supporting baby with one arm, lift the body panel up through baby's legs with your other hand. The panel should come up to baby's neck.



**Continue to hold baby.**

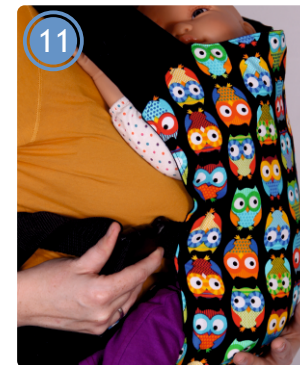
Take one of the top straps over your shoulder.



Reach behind you with the opposite hand, and find the dangling strap.



**If baby is too loose.** Lift baby with your arm while you tighten the webbing on each side.

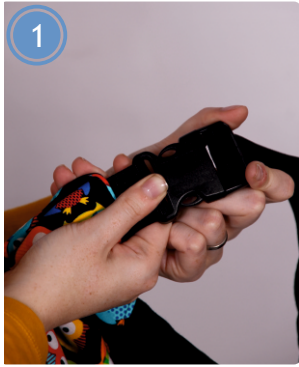


**If baby is too tight.** Support baby's weight with your arm while you loosen the webbing slightly by lifting the buckle.



Once baby is secured, proceed to the **Safety & Comfort Checks on page 2.**

# Back Carry

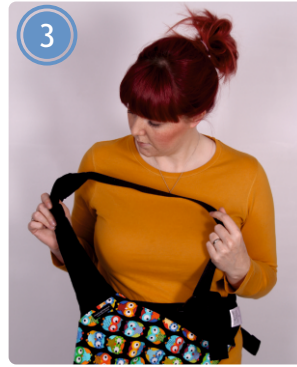


Start by fastening the top strap buckles to the side buckles. This will create 'rucksack straps'.

Adjust the straps afterwards so you have a little slack.



With the carrier upside down and inside out, fasten the waist buckle around your waist. Tighten the webbing by pulling the slack outwards. **Do not tighten fully** just yet.



The carrier is now ready for baby. You will start by having baby on your front.



Hold baby on the waistband of the carrier. Baby's legs should be in a seated position.



Supporting baby with one arm, lift the body panel up through baby's legs with your other hand. The panel should come up to baby's neck. **Continue to hold baby.**



Hold both shoulder straps in one hand. Support your baby with the other hand. Start shifting your baby and the carrier from your front, to your hip.

## Useful Hints & Tips

We recommend that you have someone with you when practising using any new carrier, until you feel confident doing it by yourself.

When back carrying, please practise over a soft surface such as a bed, until you feel confident.

For small babies, fasten the waist buckle higher on your torso, just below your bust.

The carrier must be tight against your body so that when you lean, there is no gap between you and baby.

There are instruction videos available on our website and at [www.YouTube.com/NovaBabyCarriers](http://www.YouTube.com/NovaBabyCarriers)

## Washing Instructions

This carrier is 100% Cotton with polyester padding in the straps. To prolong the life of your carrier, we recommend spot cleaning with water and a mild detergent. The carrier can be machine washed at 40 degrees. Air-drying away from direct sunlight is recommended but the carrier can be tumble dried on a low setting. We recommend machine washing or tumbling your carrier inside a pillowcase to protect the buckles.

## Safety & Comfort Checks



**Is baby's airway free?**  
Baby should be high on your body and tight against you.



Baby should be in a seated position with their knees higher than their bottom.



Ensure the top straps are not digging in to your neck.