

WEARING INSTRUCTIONS

(IMPORTANT! PLEASE KEEP FOR FUTURE REFERENCE)

THE BENEFITS OF "WEARING" YOUR BABY

Baby-wearing is the practice of carrying an infant in a sling or baby-carrier. It is an ancient tradition practiced by many cultures around the world and it has many benefits for both baby and wearer:

- Wearing your baby in the time straight after birth, helps him/her to adapt more gently to life outside the womb. It is especially beneficial for premature babies who have been clinically shown to thrive if regularly touched, stroked and held;
- Studies show that babies who are regularly worn are calmer and cry up to 56% less than non-carried babies;*
- Worn babies spend more time in a state of "quiet alertness" which promotes earlier cognitive, language, and social development;
- Carried babies generally develop a more secure attachment to their main caregiver and become independent sooner.*
- Being carried in a sling more than being laid down, prevents the baby from developing "flat head syndrome";
- Wearing your baby promotes bonding; helps with post-natal depression, and facilitates breastfeeding;*
- Wearing your baby gives you the freedom to get on with essential tasks whilst keeping the baby with you;
- In situations where buggies are inconvenient and cumbersome, wearing your baby can be a real 'life-saver' (for example: country walks; crowded shops; public transport; high-rise flat; the beach etc);*
- Slings are cost effective and can often eliminate the need to buy a double buggy.

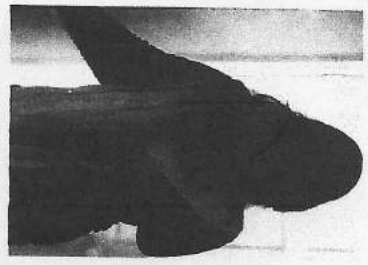
NEWBORN CARRY (0 – 4 months approx.)



1. Tie the Mei Tai high around your ribcage "apron style" with the body hanging down. Lift baby up onto your chest. With legs curled up, Make sure that baby's weight is on their bum not on their feet..



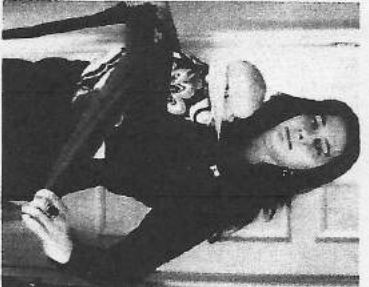
2. Bring the body of the carrier up over the baby. Pass the shoulder straps over your shoulders and twist them inward so that the Pouchings label against your shoulder. (This curves the sides in and brings the top in closer to better support baby's head).



3. Reach behind you and bring the opposite strap across your back and around to the front. Repeat with the other strap. (Try to keep the straps on the ball of your shoulder not against your neck).



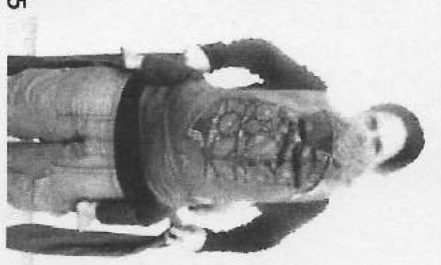
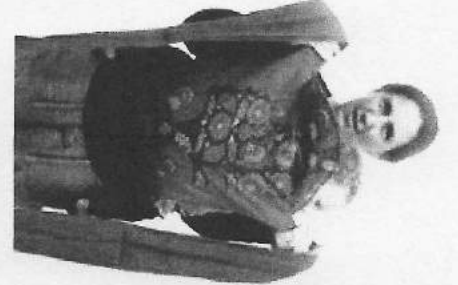
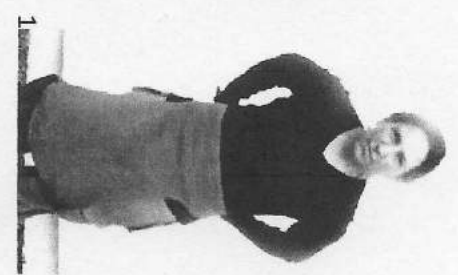
4. When you have brought both straps around to the front, tighten the whole carrier by pulling them strongly forwards to bring baby close against you. Remember to always carry baby "high and tight".



5. Bring the straps around your ribcage and cross them over the baby's back. Spread the strap fabric out so that they close any gap at the side. Use the straps to firmly support the baby's back – he must not sag outwards.



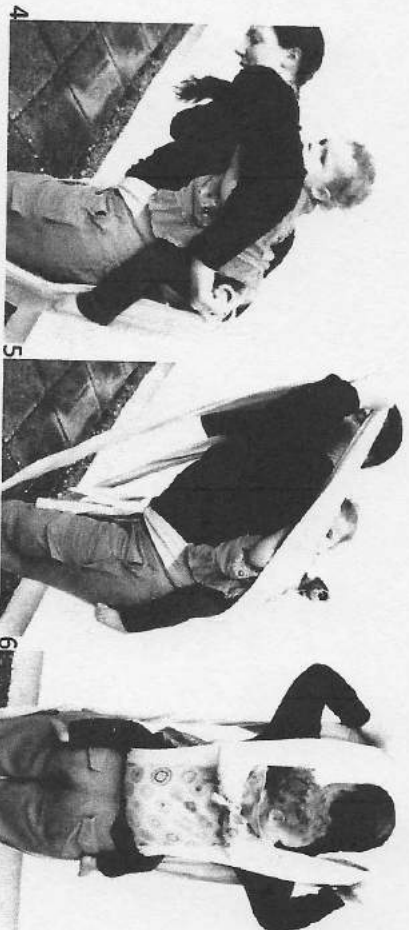
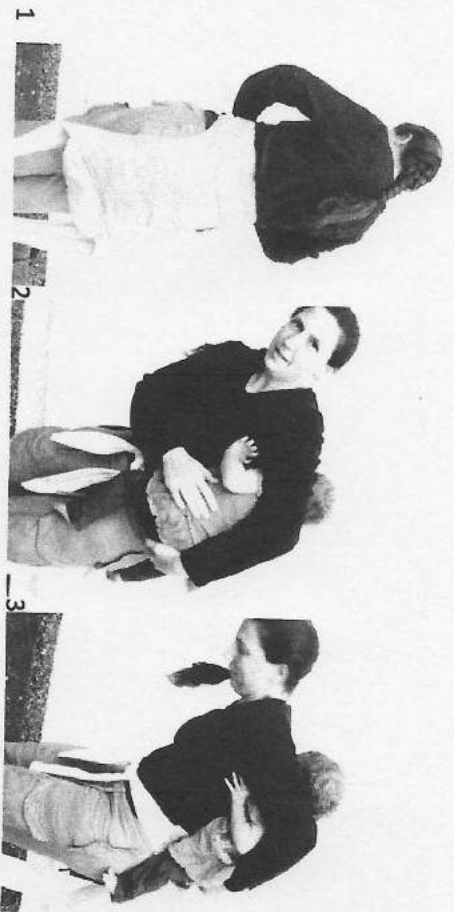
6. Tie off the straps by crossing them over each other (as shown), before passing them around to your back and securing with a double knot. Make sure that baby's back is well supported but retains a gentle "C" curve.



FRONT CARRY (approx. 3 months – 18 months)

- 1) Tie or buckle the carrier around your waist like an apron. Have the fabric that you want to face out hanging against your legs.
- 2) Pick the baby up and hold against you, tummy to tummy, with his or her legs straddling your middle.
- 3) Slide one arm under the carrier body and scoop it up between the child's legs and up over their back. (This is more secure than just pulling on one of the straps which can make baby wobbly). When baby is securely in the carrier body, take hold of the shoulder straps where they join the body and gently pull upwards to bounce the baby into a good "N" position with knees higher than bum. Now pass shoulder both straps over your shoulders.
- 4) Holding the baby securely with one arm, reach around behind your back with the other arm to find the opposite strap. Pull it firmly down towards the opposite hip then around to the front. Don't let it ride up to your neck. Swap arms and repeat the process to bring both straps around to the front.
- 5) At this point, you might need to jiggle and pull forward on the straps to re-set the tension and get baby high and snug. Pass each strap over the baby's first leg and under the opposite leg.
- 6) Spread the strap fabric wide under the baby's bottom to make a wide cross shape. This takes a lot of the weight and makes the carrier feel more supportive.
- 7) Alternatively, twist the straps around each other and pass under baby's opposite leg.
- 8) Tie the straps securely behind your back in a double knot.

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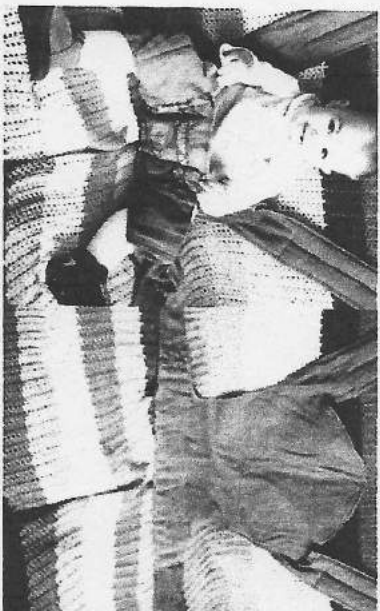
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BACK CARRY (approx. 5 months – 3 years)

- 1) Tie or buckle the carrier around your waist like an apron. Make sure that it is well centred.
(When starting out, it is advisable to first use the carrier over a bed or with an adult helper until you are both confident. With younger babies, you might prefer to use the "Safety Method" to get them onto your back or keep them entirely in the carrier (see website for these instructions).
- 2) Put your child on your hip; Keep your hand on her bum and pivot your elbow over her head so she can lean against the back of your arm. lean forward at a 45 degree angle, so baby can lean against your back (do not bend over completely flat as baby can topple too far forward). Bounce and slide the baby around to your back.
- 3) As the baby moves around, reach around with your other arm and centre her in the middle of your waist. Keep leaning forward and keep a hand on the child at all times.
- 4) Take hold of the carrier and bring it up between the baby's legs and over their bottom;
- 5) Pull the long shoulder straps over your shoulders.
- 6) Stand up straighter while you pull the straps upwards and position the child higher on your back.
- 7) Lean forward again as you hold one strap firmly between your knees. Pass the other strap under your armpit and over the baby's first leg, under the second leg and back around to the front. Tuck this strap between your knees and repeat the process with the other strap.
(Alternatively you can twist the straps around each other - See "Front Carry" photo 7 for illustration).
- 9) Once you have both the strap ends at the front, either tie them off at your waist in a double knot or bring them up to tie a chest strap (see further instructions).

BACK CARRY – "SAFETY METHOD"



1) Place the carrier on a sofa or chair with the shoulder straps draped over the back and the waistband flat on the seat area.



2) Sit baby on the carrier, propped up against the sofa back. Bring the waistband and straps up between her legs.



4) Take hold of the shoulder straps and bring them over your shoulders.



5) Pull baby and carrier up onto your back making sure that she feels well centred in the body of the carrier.



6) Stand up and finish tying the shoulder straps either "Rucksack style" or "Chest Cross style".

GETTING DOWN FROM A BACK CARRY



Practice this move over a bed until you are both confident about what you're doing!

1. Untie the shoulder strap knot and unravel the straps from around your baby's legs. (For safety, firmly grip both straps in one hand at the level of your collar bone until you are ready to move baby round).

2. Keeping one hand on your child's back, lean forward slightly so that her full weight is against your back.....

3.slowly slide her around your waist, passing her under your arm and back round onto your hip (either still wrapped in the Mei Tai or just the baby).

4. + 5.
For extra security, you can raise your leg to make a seat to receive her.

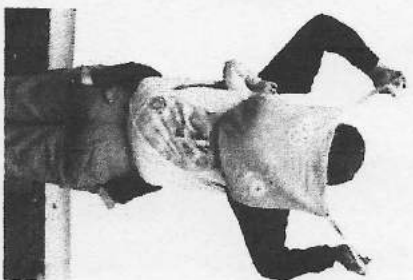
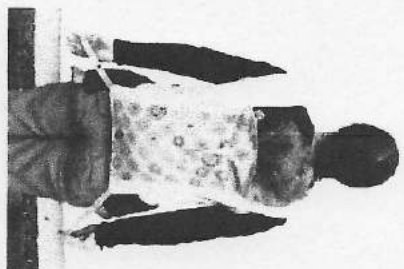
For more wearing instructions on Hip and Toddler carries, please visit:

www.bouchlings.com

"How To Wear" page



HOW TO USE THE SLEEPHOOD

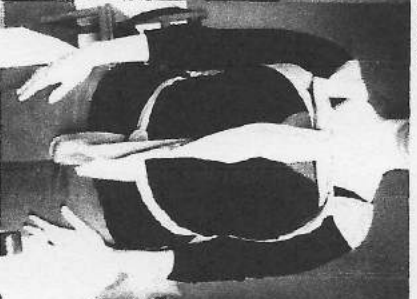
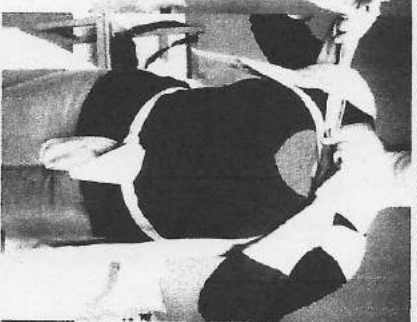
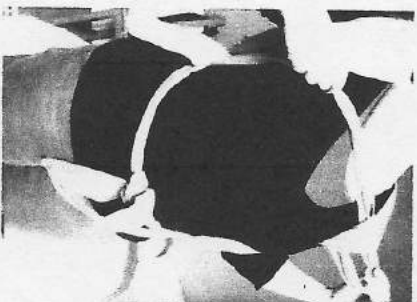


When baby falls asleep, reach behind you and find the ends of the sleep-hood straps.

Lean forward slightly so that baby's head lays flat against your back. Bring the sleep-hood up over baby's head.

Secure the straps by passing them through the loops on the shoulder straps.

HOW TO MAKE A CHEST STRAP



Instead of tying the long shoulder straps off around your waist, bring the end of one strap up the side of your ribs, cross it over your chest and loop it through the opposite shoulder strap.

Repeat with the other strap and then pull both ends tight to cinch the shoulder straps together.

Tie the ends together in a knot at the front. The chest strap will stop the shoulder straps slipping off your shoulders when using a back carry.

SAFETY

The T.I.C.K.S. Rule for Safe Babywearing

Keep your baby close and keep your baby safe.
When you're wearing a sling or carrier, don't forget the T.I.C.K.S.:

TIGHT – slings and carriers should be tight enough to hug your baby close to you as this will be most comfortable for you both. Any slack/loose fabric will allow your baby to slump down in the carrier which can hinder their breathing and pull on your back.

IN VIEW AT ALL TIMES – you should always be able to see your baby's face by simply glancing down. The fabric of a sling or carrier should not close around them so you have to open it to check on them.

CLOSE ENOUGH TO KISS – your baby's head should be as close to your chin as is comfortable. By tipping your head forward you should be able to kiss your baby on the head or forehead.

KEEP CHIN OFF THE CHEST – a baby should never be curled so their chin is forced onto their chest as this can restrict their breathing. Ensure there is always a space of at least a finger width under your baby's chin.

SUPPORTED BACK – in an upright carry a baby should be held comfortably close to the wearer so their back is supported in its natural position and their tummy and chest are against you. If a sling is too loose they can slump which can partially close their airway. (This can be tested by placing a hand on your baby's back and pressing gently - they should not uncurl or move closer to you.)

(Visit: www.pouchlings.com/how-to-wear.html for more information on correct newborn positioning).

WARNINGS

-Take care when bending or leaning forwards. Your balance may be adversely affected by your movement and that of your child.

-This carrier is not suitable for use during sporting activities.

-Older babies can reach out and grab dangerous objects such as kitchen knives, hot pans etc so be vigilant - especially if using the back carry.

-A sling is not a seat belt and is NOT a substitute for a car seat!

-All POUCHLINGS slings are made with the utmost care and attention to detail. Our Mei Tais are constructed using an inner layer of calico for extra safety and durability. All weight bearing areas are stitched using Gutterman threads. Always check the sling for signs of wear & tear and do not use if you have any concerns.

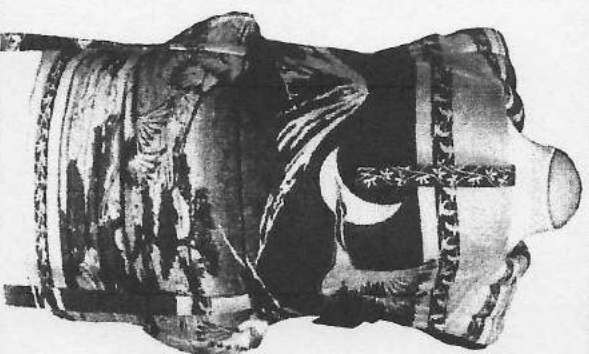
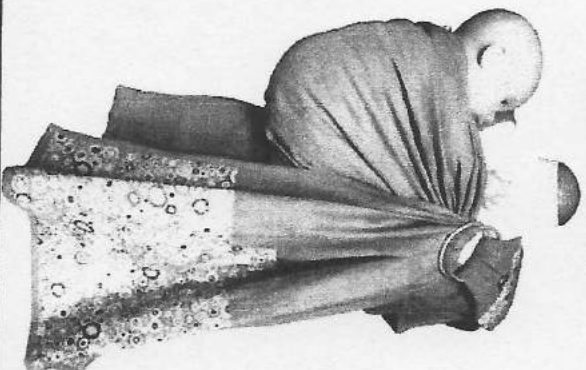
WASHCARE: Wash at 30 degrees; Line dry; Do not bleach;

POUCHLINGS - Original Baby Slings

Also make beautiful.....

RING SLINGS

and WRAP CONVERSIONS



-Suitable from newborn to approx 2 years old;

-Once mastered, they are very quick to put on and baby can be popped in and out in seconds;

-Multiple wearing positions;

-Independently adjustable hems allow for a nice high and tight hold;

-Greater adjustability, and a wide tail for coverage, makes them perfect for breastfeeding;

-Can be used by different sized care-givers.

- I offer wrap conversion Ring Slings, Mei Tais, Half Buckles, Full Buckles, Reverse Half Buckles, Podagis and Orbulimios.

-Wrap conversion carrier are made on a waiting list system so please contact me to book a slot.

We hope you enjoy wearing your baby in a POUCHLINGS Original Baby Sling. For more beautiful slings and baby products, please visit our website:

www.pouchlings.com