



1

Use the accessory strap to adjust the base of your Connecta, to get a perfect fit for your baby,

The seat of the Connecta should provide support from the back of one knee to the back of the other knee.



2

Attach the carrier waistband around you, high on your body.

Then fasten the accessory strap around the fabric of the carrier near to the warning label. This narrows the fabric 'seat' for your baby.



3

Slide the buckle around to the outside of the carrier, so that it can be adjusted after your baby is secured, if required.

TIP - check the width of the seat every time you use your Connecta and loosen the accessory strap when needed, so your growing baby is supported well.



4

Make sure your newborn is in a natural deep seated position on your chest and slide the Connecta up their back, providing support all the way up to the back of the neck. Your baby will be supported by the fabric panel, so make sure it is snug across their back.

TIP - To get a perfect fit for your baby, the seat of the Connecta should provide support from the back of one knee to the back of the other knee. Their bottom should be at the same height or just below their knees. Check that the fabric is evenly distributed across the width of the seat and not bunched up, especially around the knees.



5

When the shoulder straps are fastened and tightened, you can clip up the sleep hood to create additional head support for your baby.

Your baby should now be positioned nice and high on your chest so that you can kiss their head easily. Always ensure that your baby's airways are clear, their chin is not resting on their chest and that you have a clear view of babies face.



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Please refer to the TICKS on the reverse of this insert and to our user guide for full safety advice when carrying.

If you have any questions please email us on info@connectababycarrier.com and one of our team of trained babywearing consultants will be able to help you.

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
- ✓ IN VIEW AT ALL TIMES
- ✓ CLOSE ENOUGH TO KISS
- ✓ KEEP CHIN OFF THE CHEST
- ✓ SUPPORTED BACK



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. In a cradle position your baby should face upwards not be turned in towards your body.



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.)*

A baby in a cradle carry in a pouch or ring sling should be positioned carefully with their bottom in the deepest part so the sling does not fold them in half pressing their chin to their chest.