



WARNING — Failure to follow the manufacturer's instructions can result in death or serious injury.

Only use this carrier with children weighing between 8 and 35 lbs.

SUFFOCATION HAZARD

Babies younger than 4 months can suffocate in this product if face is pressed tightly against your body. Babies at greatest risk of suffocation include those born prematurely and those with respiratory problems.

- Check often to make sure baby's face is uncovered, clearly visible, and away from caregiver's body at all times.
- Make sure baby does not curl into a position with the chin resting on or near baby's chest. This position can interfere with breathing, even when nothing is covering the nose or mouth.
- If you nurse your baby in carrier, always reposition after feeding so baby's face is not pressed against your body.
- Never use this carrier with babies smaller than 8 pounds without seeking the advice of a healthcare professional.



FALL HAZARD – Leaning, bending over, or tripping can cause baby to fall. Keep one hand on baby while moving.

Please read and follow all printed instructions and view instructional videos before use.

Both can be found on our website www.jenncatsmeow.com

Here are some important guidelines to remember when wearing an infant:

- The recommended carrying weight for this Wrap is for children between 8 and 35 lbs.
- Check to ensure that your baby is not curled up tightly in a chin-to-chest position; this compresses your baby's airway. Making sure there is a fingers' width or two between their chin and chest is a good guide.
- Make sure your baby's back is straight and supported.
- Monitor your child at all times. Make sure nothing is obstructing baby's face.
- Be aware of how your movements affect the baby: avoid any bumping or jarring motions.
- Before wearing your baby in this Wrap check for ripped or torn fabric before each use. If found, stop using carrier.
- Always check to ensure that all adjustments are secure.
- Ensure that the baby is safely positioned in the wrap according to manufacturer's instructions for use.
- Never leave a baby in a carrier that is not being worn.
- Check on the baby often. Ensure that the baby is periodically repositioned.
- If you nurse your baby in carrier, always reposition after feeding so baby's face is not pressed against your body.
- Never use a baby carrier when balance or mobility is impaired because of exercise, drowsiness, or medical conditions.
- Never place more than one baby in the wrap.
- Never use/wear more than one carrier at a time.
- Never use the wrap while engaging in activities such as cooking and cleaning, which involve a heat source or exposure to chemicals.
- Never wear baby in the wrap while driving or being a passenger in a motor vehicle.

For more information about Babywearing and Baby Carrier Safety please visit the following websites:

www.thebabywearer.com

or

<http://babycarrierindustryalliance.org/babywearing-safety/consumers/>

THE WRAP CROSS CARRY

This wrap is one of the easiest to master and very comfortable for both parent and baby.

The Wrap Carry is the basic way to tie your sling, it feels very secure.

1. Using the label as a guide, place the middle of the wrap around your waist, with the two ends behind you. It forms a belt where you will slide the baby. 2. Bring the right end side of the wrap behind your back and over your left shoulder. 3. Do the same thing on the other side. The wrap forms a cross on your back. Make sure the fabric is spread out and not twisted. Pull on both sides of the fabric to make it tight. Don't loosen the 'belt', it should feel fairly tight, you almost need to wiggle the baby in. This is the basic tying position.

4. Place the baby in the 'belt', facing you. Her bottom should be at the level of your navel, her legs wide apart and the fabric spread from her thighs to her neck. The fabric should be tight enough to support her back. 5. Take the fabric on your right, pull again to make it tight and bring it along your baby's back and under her left leg. 6. Do the same thing on the other side.

Top tips:

- Be sure the wrap is secured with a double knot and you're ready to go!
- Tie the wrap on your hip, it can be more comfortable, especially if you're seating down.
- Fold the wrap in half lengthwise beforehand. It can be easier to tie, and to avoid twisting the fabric.
- Check in the mirror that your baby is high with her bottom no lower than your navel. Check that the fabric is well spread out and not bunched up or twisted.
- Make sure the fabric is on your shoulder, not your neck.

7. Bring the two ends behind your back or on your hip and tie. Adjust the wrap by spreading the fabric evenly along your baby's back and legs. 8. Make sure she is sitting in a frog-like position, bring her knees back up. 9. Now spread the fabric over your shoulders and back, you'll be more comfortable.

THE SIMPLE CROSS CARRY

The Simple Cross Carry is a variation of the traditional carrying position. It is nice and easy to pop baby in and out of the wraparound sling without untying everything. Since this carry uses a little bit less fabric, it is convenient for parents of different sizes who share the same wrap and for whom the wrap is too short for the wrap cross carry.

1. Using the label as a guide, place the middle of the baby sling around your waist on your back, with the two ends in your hands. 2. Bring the right end side of the baby sling across your chest and over your left shoulder. Do the same thing on the other side. 3. The wrap sling forms a cross on your back. Make sure the fabric is evenly spread out and not twisted, and bring the two ends of the baby sling around the front and tie. 4. Now bring your baby up and slide her into the wraparound sling and slide her legs on each side of the cross.

5. The baby sits securely on the cross formed by the fabric - if you tied the wraparound sling too loosely or tightly, adjust it. Adjust the baby's position so that she is sitting in the wrap, her legs wide apart in a frog-like position, her knees slightly higher than her bottom. 6. Spread the fabric from the baby's leg and all the way to her neck, and do the same thing on the other side. 7. Tighten the wrap if need be with a double knot. If you feel the tails are too long, you can bring them one more time around your waist. And tie on your back or on your hip. 8. If your baby needs additional head support or falls asleep, you can bring one side of the wrap on her head.

THE HIP CARRY

Hip carries can be used from the moment your baby can sit unaided.

For your comfort, keep your back straight when carrying your child in this position and swap hips periodically.

1. Find the middle of the fabric and place it over your left shoulder. 2 Cross on the right hip and tie with a double knot on the left hip. 3. Bring the baby up.

4. Sit the baby on the cross. Make sure the baby is in a comfortable seated position, her legs higher than her bottom. 5. Spread out the inner layer of fabric so that it stretches from under her bottom to her back. Then spread out the outer layer across her back, bottom and her thighs. 6. You may find it more comfortable to do a "shoulder flip": take the hem closer to your neck and bring it down over your shoulder. This brings the baby closer to you. If the tails of your wrap are long, wrap it around your waist one more time.

CARRYING YOUR CHILD ON YOUR BACK

Carrying your baby on your back is a wonderful feeling, you can get on with your life while keeping your child close to you.

Back wraps can feel a bit daunting at first, here are a few tips to get started:

Choose a moment when both you and your baby are relaxed.

Take your time, don't try to rush. You didn't learn to drive in one day!

Before trying to use the wrap on your back it helps to practice step by step: Pop baby on your back without the wrap. When you feel happy with this, try placing baby on your back with the wrap and then stop. Now you can try the first few steps of the instructions and stop again.

Once you feel confident with each step, you can try the whole tie from start to finish. This will ensure that you are comfortable with each stage and will quickly find it very easy to tie your baby on securely.

Until you are comfortable enough, ask another adult to stay close by.

Practice on a soft surface, in front of a mirror and give her a biscuit, it will keep your baby entertained while you wrap (don't worry about the crumbs in your hair!)

Choose a key phrase to remind your baby to lie still on your back while you wrap. Use it every time and you'll be surprised by

the result.

Remember the 3 golden rules:

1. Baby sitting in the wrap. Your baby's legs should be wide apart with the knees higher than her bottom, in a frog-life position. This is true for all carrier but particularly important for back carries so that she doesn't slide down.
2. Spread the fabric, it should go from her knees, down her thighs, around her bottom and up her back.
3. Tighten the fabric as you wrap. Pull on the rails as you tie, they should be fairly tight (but not too much or the fabric would create pressure points). The bottom hem ensures she doesn't slide and the top one that she doesn't lean out.

GETTING BABY ON YOUR BACK

Starting from a chair or a sofa:

1. Spread the wrap on a sofa or a chair. 2. Sit the baby in the middle of the wrap. Stretch the fabric from her knees to her neck. 3. Sit in front of the baby with your hips at the level of her bottom. 4. Gently pull the wrap over your shoulders to bring her close to you. 5. Once she is tucked against you, keep leaning forward and continue with the chosen carry.

Above your shoulder:

1. Place the middle of the wrap on your baby's back and wrap the fabric just under her arms. 2. Pull together the fabric in your hand fairly tightly. Support her with your other hand, also under her arm. 3. Lift her up and swing her around your shoulder and onto your back. 4. Both ends of the fabric are on the same shoulder so carefully lift one side of the fabric onto your other shoulder and continue to wrap as usual.

Starting on your hip:

1. Wrap the cloth around your baby above her shoulders and sit her on your right hip. 2. Keep holding her close to you with your left hand and bring your right arm above her head and in the front. Then reach back over her bottom. Hold her tight. 3. Bring your left hand back in the front then under her bottom. Slide her over your back, still holding her tight with your right hand. Jumping slightly (and carefully) might help. 4. Adjust the fabric so that it's nice and taut, well spread from her knees to her back. This is important to feel secure and comfortable.

BACK WRAP WITH CHEST KNOT

This back wrap is a good wrap to start with. Tying the cloth on your chest makes it stable while you keep wrapping. It is very useful for stretchy wraps like the micro fleece wrap.

The wrap needs to be tightly tied to be comfortable. Remember to pull on the tails at each step to tighten it almost as much as you can.

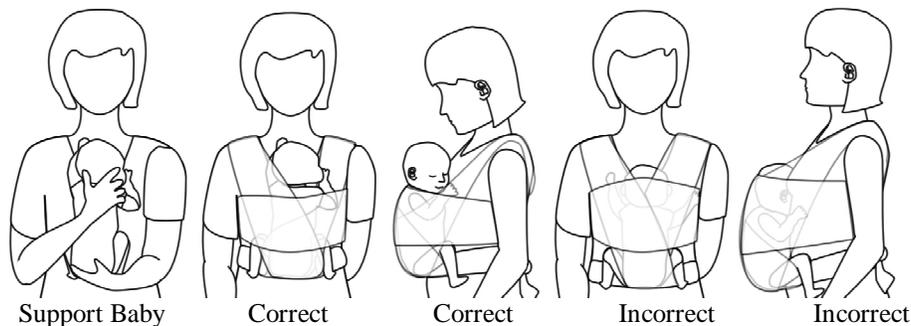
1. Place your baby on your back choosing the method you prefer. Tie the wrap fairly tightly on your chest with a single knot.
2. Bring the right end of the fabric over your right shoulder. Catch it with your left hand. 3 and 4. Guide the fabric across her back and under her left leg, making sure it's evenly spread out. 5. Tuck the fabric between your knees. Then do the same thing on the other side.
7. Pull again on both sides of the fabric to make it tight and tie a knot either in the front or in the back depending on how much fabric you have left. 8. Adjust the straps on your shoulders until you feel comfortable. 9. Once you're familiar with this tie, try the Back Wrap Cross Carry, just omit tying the knot on your chest (step 1.).

It can be more comfortable.

THE CROSSED RUCKSACK

The rucksack is quick to put on. Crossing the wrap over the baby's bottom gives extra support.

1. Using the method you're most comfortable with, get the baby on your back and keep leaning forward. 2. Bring the ends of the wrap over your shoulders. Take your time to spread out the fabric evenly and adjust the bottom hem, making sure that the cloth covers her thighs, bottom and back. Tuck the bottom hem under her pelvis and spread the wrap out over her shoulders. The wrap forms a kind of pocket for her bottom. Tuck the left end of the fabric between your knees while you tie the right side.
3. Bring the right end of the wrap under your arm, over her right leg and under her left leg.
4. Tuck the fabric between your knees and do the same thing on the left side. 5. You can jump slightly (and carefully) to tighten the wrap. Pull again on both sides of the fabric to make it tight and tie a knot either in the front or in the back depending on how much fabric you have left. Adjust the straps on your shoulders until you feel comfortable.



***Remember—you control the safety of your baby. Please use common sense when babywearing.**