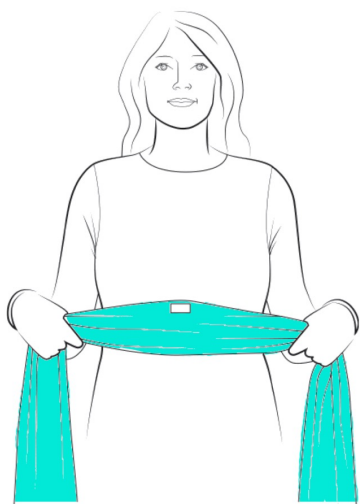


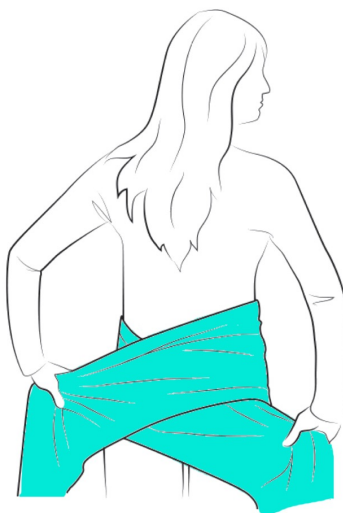
# MOTHERSHIP

BABY WRAP - INSTRUCTION MANUAL

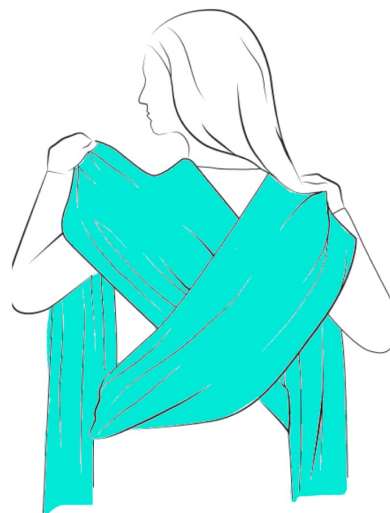
# HOW TO TIE YOUR BABY WRAP



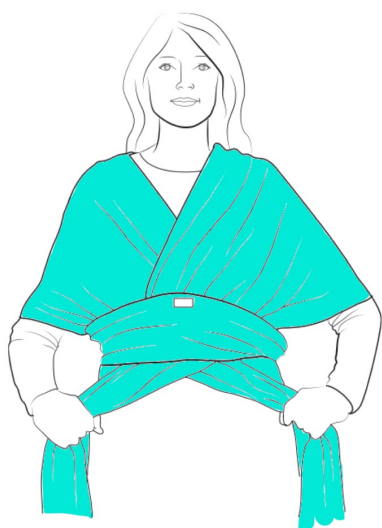
1. FIND THE LOGO LABEL IN THE MIDDLE OF THE WRAP AND CENTRE IT AT YOUR WAIST



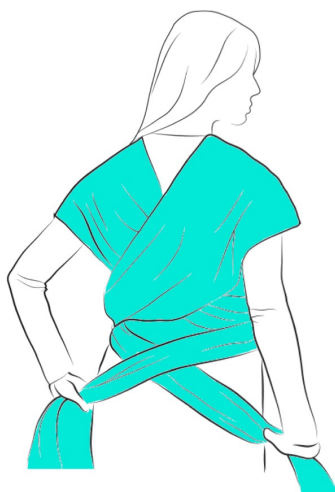
2. CROSS THE WRAP BEHIND YOUR BACK AND EXCHANGE YOUR ARMS



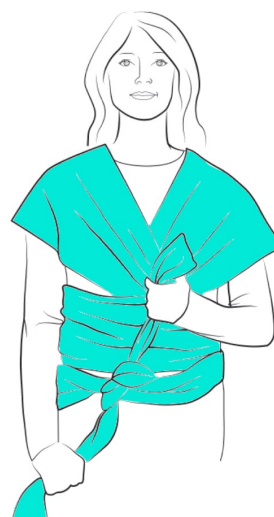
3. TAKE THE TWO ENDS OVER YOUR SHOULDERS TO MAKE A CROSS 'X' AT YOUR BACK



4. PULL BOTH ENDS THROUGH THE LOGO SECTION AND CROSS THEM OVER AT THE FRONT



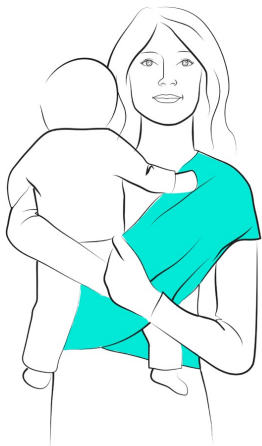
5. CROSS THE ENDS OVER AT THE BACK AROUND YOUR WAIST



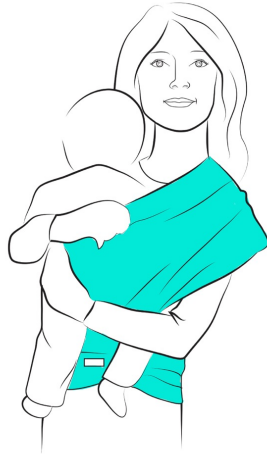
6. TIE THE ENDS TOGETHER AT YOUR WAIST, EITHER AT THE FRONT, SIDE OR AT THE BACK



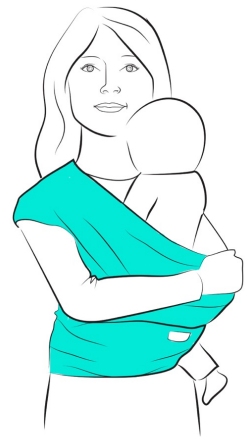
## HOW TO PUT YOUR BABY IN THE WRAP



1. HOLD THE BABY AGAINST YOUR SHOULDER WITH ONE HAND. CAREFULLY MOVE THE BABY'S LEG INTO THE INNER LAYER OF THE WRAP THAT SITS AGAINST YOUR CHEST



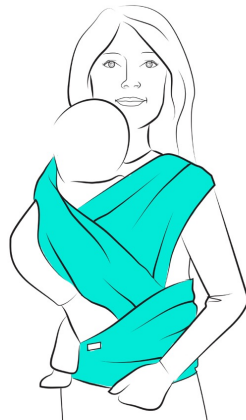
2. SPREAD THE WRAP FROM THE BABY'S BOTTOM TO THE FIRST KNEE. NOW HOLD THE BABY WITH YOUR OTHER HAND



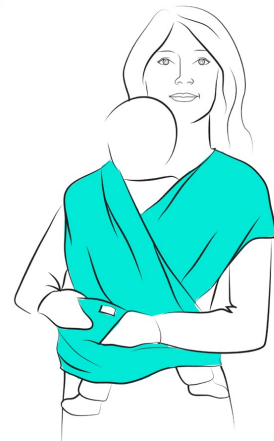
3. PUT THE BABY'S SECOND LEG THROUGH THE OUTER LAYER SHOULDERS PART WHILST CONTINUING TO HOLD YOUR BABY



4. SPREAD THE WRAP OVER TO COVER THE BABY'S BOTTOM, BACK AND SHOULDER

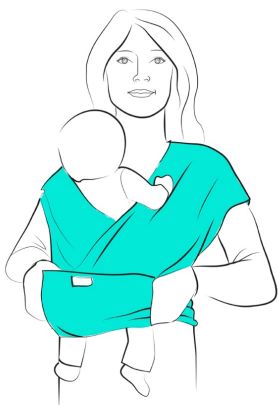


5. FIND THE LOGO SECTION OF THE WRAP AND CAREFULLY PLACE THE BABY'S LEGS THROUGH THIS PART. ENSURE THE BABY'S LEGS STAY OUTSIDE OF THE SHOULDER LAYERS

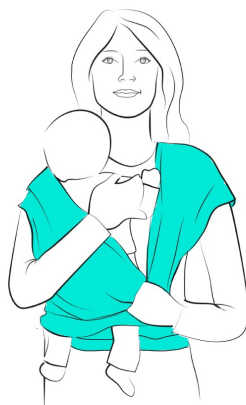


6. PULL THE LOGO PART UP AND OVER THE BABY'S BACK AND SHOULDERS. CAREFULLY RE-ARRANGE THE WRAP SO THAT IT IS COMFORTABLE FOR BOTH YOU AND THE BABY, ENSURING IT IS NOT TOO TIGHT

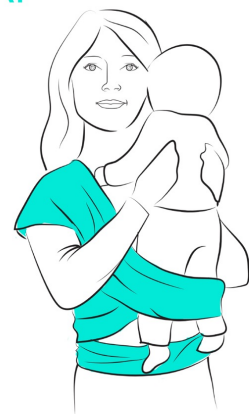
## HOW REMOVE YOUR BABY FROM THE WRAP



1. PULL THE LOGO SECTION DOWN OVER THE BABY'S BOTTOM



2. WITH ONE ARM SUPPORTING THE BABY'S NECK AND BACK, PULL THE WRAP DOWN

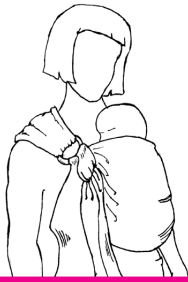


3. LIFT THE BABY STRAIGHT UP AND OUT OF THE WRAP.

# 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.**



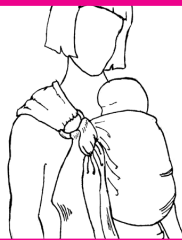
- ✓ **TIGHT**
- ✓ **IN VIEW AT ALL TIMES**
- ✓ **CLOSE ENOUGH TO KISS**
- ✓ **KEEP CHIN OFF THE CHEST**
- ✓ **SUPPORTED BACK**



**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.

