




Hipababy

Quality custom baby carriers

Instructions for using your mei tai

CONTENTS

Waist tying variation – apron vs non- apron	2
Tying options	3
Newborn front carry	4
Front carry legs out	6
For newborn	6
For older baby	7
Back carry - back carry is suitable from around 5 months	9
Getting your baby on your back	9
Back Tying Options	9
Back Carry With Crossed Straps	12
Non apron with tibetan tie	15
Safety and Troubleshooting	18
Washing	18

WAIST TYING VARIATION – APRON VS NON- APRON

I usually wear my mei tai 'apron style'. This is where you tie the carrier around your waist just like an apron. The print you want to show when the mei tai is worn will be towards your body. When sitting in the mei tai the baby's bum will sit below the top of the waistband in a pouch made by the mei tai.

There is another method you can use to tie your mei tai around your waist - the non-apron style. Tying this way distributes baby's weight differently. More of your baby's weight will be distributed towards your hips.

You can tie around your waist or at the top of your hip bones. To tie this way hold the mei tai with the print you want to show facing towards your body and reverse side facing out. Then flip the waist band under once and tie around you waist. Put your baby in the mei tai with your preferred method and tie on as normal. The whole waist band will sit below your baby's bum (see picture below) allowing it to direct more weight towards your hips.

Tying non-apron also lengthens the body which allows you to get more use out the mei tai if your baby has grown too tall for that size. Half buckles are designed to be worn non-apron style but half buckles can be worn apron style too if you prefer that. To wear your half buckle apron style remove the buckles and rethread them so they are facing the opposite way.

An example of apron style - baby's bum is below the waistband. You can't see any of the waistband under baby's bum when the mei tai is worn.



Non- apron style - baby's bum sits above the waistband



An example of apron style - baby's bum is below the waistband. You can't see any of the waistband under baby's bum when the mei tai is worn

TYING OPTIONS

Tying in different ways will distribute your baby's weight slightly differently. Experiment with what works for you. You can cross the straps over baby's leg across their bum and under the opposite leg. You can spread the straps for more support. You can also try a Lexie Twist - twist the straps together (like the first part of a knot), then bring the straps under your baby's legs and around to the back.



Straps spread across baby's bum.



Straps passed over then under baby's legs and tied in back.



Lexie Twist across bum.

NEWBORN FRONT CARRY

Do not swaddle your baby in the carrier. When frogged your child's weight should be resting on their bum rather than their feet. If your baby is pushing his feet against the carrier there is too much pressure on their feet.

If the body of the carrier is too tall try tying the waist higher than your natural waist (this will take up some height). You can also roll the waist and wear the waist either apron or non-apron style. You may have to experiment a little to get the height right.



Tie the mei tai around your waist like an apron and hold your baby against you. Your baby will naturally hold their legs in a 'frogged' position



Pull the body of the mei tai over your baby.



Pull the straps over your shoulders and pull down on the straps to tighten



Wrap the straps around your baby's bum and bring the straps around to your back to tie. If your mei tai has wrap straps you can spread the straps out instead and wrap them over baby's bum before bringing them back behind your to tie.

If you find that your infants head is not being held as close to you as you would like, there are a few things you can try to bring them a bit closer.

First, make sure that you have the straps pulled nice and tight so that all the slack is taken up. If you spread the straps wider on your shoulders it will pull the top in a bit closer to baby's head.

You may also take the straps where they come out of the body and flip them (and the corner of the body) towards the outside (overlapping the print front) this will make the top area of the mei tai more narrow and bring it in closer to baby's head.



Roll up the sleeping hood if desired

You can also fold or roll up a receiving blanket or cloth and place it inside behind baby's head and the top the body (making sure baby's face is not covered). This holds baby's head nice and secure and takes up any extra space.



Legs in carry with newborn (straps twisted)

FRONT CARRY LEGS OUT

FOR NEWBORN

Tie your mei tai on like an apron. Cinch the base if your mei tai has the adjustable base option, if not shorten the width of the mei tai by tying a ribbon around it instead, then following the instructions below. If your mei tai is too tall roll the waistband to shorten the height of the mei tai



Legs out using built in adjustable base

FOR OLDER BABY

Tie your mei tai on like an apron as explained below or if you would like extra height in the panel tie the opposite way so that the waistband will show below babies' bum (non-apron style) (see back carry section for instructions)



Tie the mei tai on as you would an apron with the right side/main side facing towards your body.



Pull up the body of the mei tai over your baby and place the shoulder straps over your shoulders.



Pull any slack out of the panel



Bounce your baby a little so they have a good 'seat' with knees higher than bum, then pull the shoulder straps towards the floor.



Cross the shoulder straps over one leg then opposite the other



Pull the straps behind you



Tie the straps



Alternative tie off - Lexie Twist. Twist the straps around each other (or use a half knot) and bring the straps back to tie behind you. For younger babies make sure the knot is on baby's bum rather than their back (this allows their spine to follow its natural curve)

BACK CARRY - BACK CARRY IS SUITABLE FROM AROUND 5 MONTHS (NOTE: BABY MUST HAVE GOOD HEAD CONTROL)

GETTING YOUR BABY ON YOUR BACK

SOFA METHOD

Place your carrier on a chair or sofa with the straps spread out and place your baby on top. Sit in front of your baby and tie the waist straps. Pick up the shoulder straps and draw your baby onto your back as you pull the straps over your shoulders. Holding the straps in your hands, stand up and pull the straps upwards while you give a little bounce to seat the baby deeper into the carrier

HIP SCOOT

Tie the carrier on like an apron with the carrier hanging down behind you. Hold your baby at your hip and scoot her around to your back. Holding the straps in your hands, stand up and pull the straps upwards while you give a little bounce to seat your baby deeper into the carrier.

BACK TYING OPTIONS

You have several options for tying the shoulder straps (and you can mix and match tying options to find what you like the best – each will distribute your baby's weight slightly differently).

You can bring the shoulder straps straight back around backpack style or you can cross the straps across your chest. I like to cross them high on my chest and/or twist them together like the first part of a knot. After tying across your front how you prefer you bring the straps back behind you and cross the straps over and under baby's legs. Before tying give a little bounce to pull up any slack, and bring around to the front to tie. When you have finished check that the baby is in a good seated position deep in the carrier, with their knees higher than their bum.

FRONT OPTIONS



Backpack/rucksack straps

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Tibetan tie



Straps crossed high



**Straps twisted like the first half of a knot
(chest belt)**

BACK OPTIONS

There are three main options for tying the straps across baby's legs.



Straps over legs, then under opposite leg



Wrap straps spread



Straps over baby's legs and twisted under baby's bum, then brought under the legs to the front and tied in a square knot

BACK CARRY WITH CROSSED STRAPS



Put the mei tai on like an apron. Tie around your natural waist. For a high back carry place the waistband higher.



Put the baby on your hip.



Scoot the baby around to your back.



Pull the carrier over the baby.

Instructions for using your mei tai



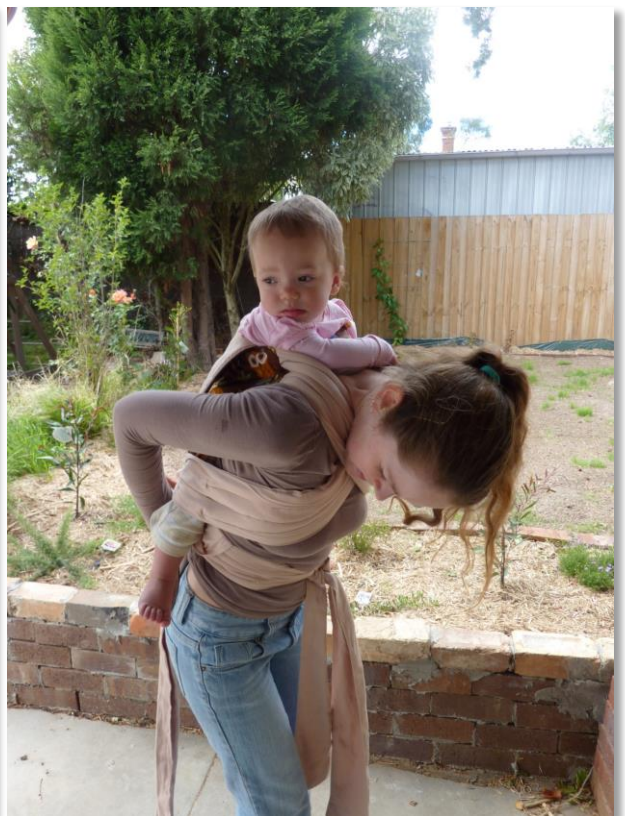
Pull the straps upwards and give a little bounce to seat the baby deeper in the sling.



Pull the straps over your shoulders.



Cross the straps and bring them round to the back over your baby's legs.



Finish by tying a knot under baby's bum or cross the straps under your baby's bum and bring them to the front.

Instructions for using your mei tai



Back to the front and tie in a square knot

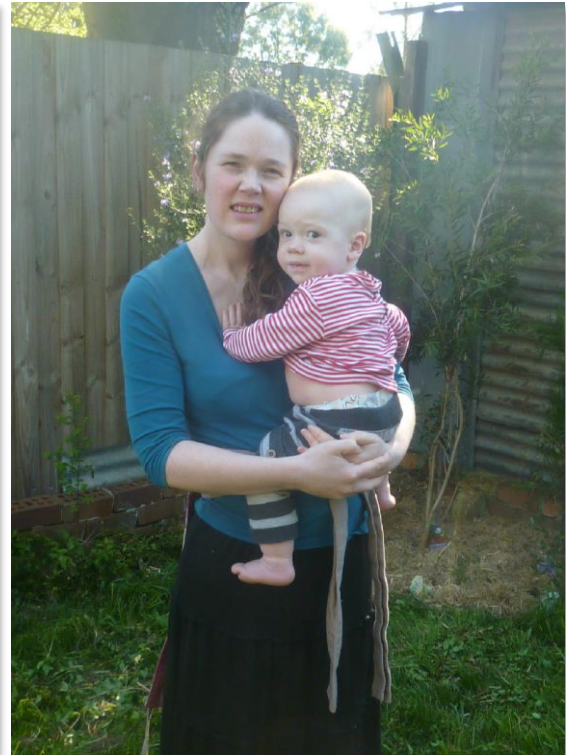


All Done !

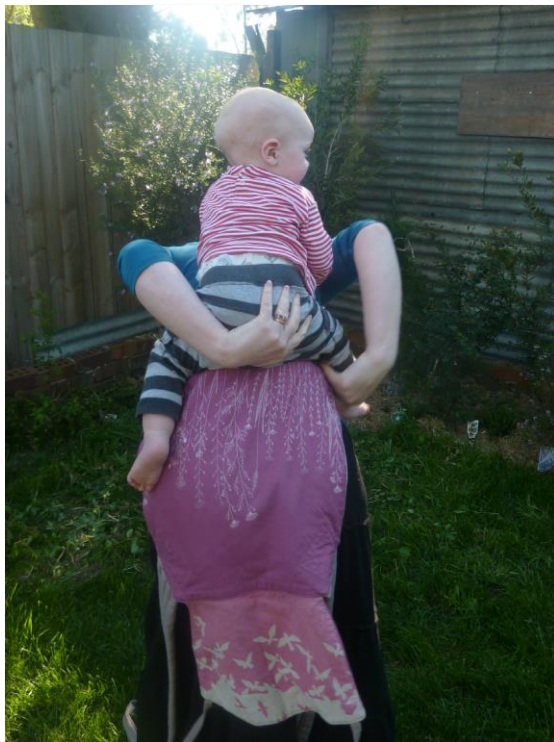
NON APRON WITH TIBETAN TIE



Tie the carrier on so the waistband is below the body of the carrier.



Hold your baby on your hip



Scoot your baby onto your back – keep one hand on baby at all times.

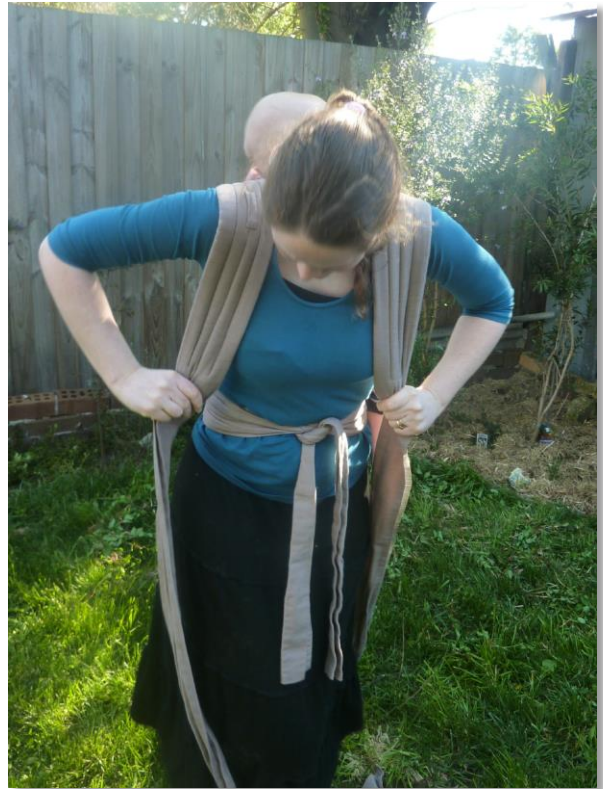


Pull the body of the carrier over your baby.

Instructions for using your mei tai



Pull the straps straight up and give a little

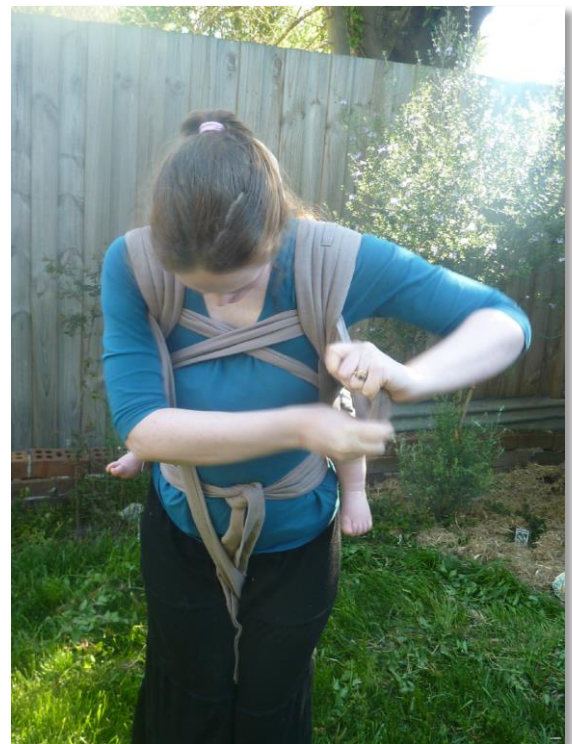


Bring the straps over your shoulders like a back

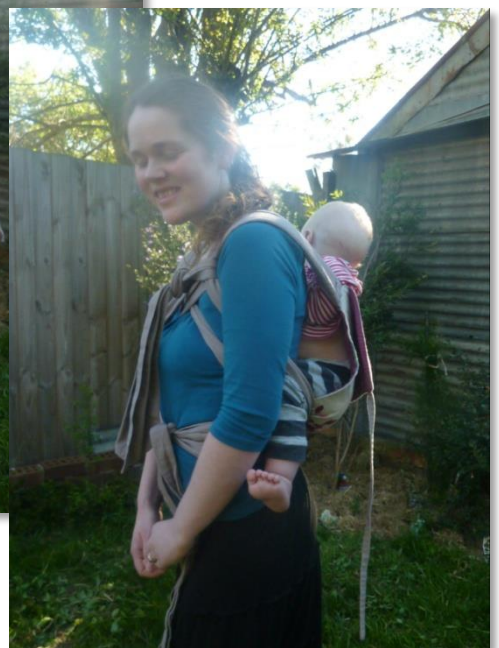


Cross each strap over and under baby's legs and bring it back around to the front. Tie off at the front in a square know now or continue on to tie a Tibetan variation.

Instructions for using your mei tai



Hold one strap between your knees and bring the other through the shoulder strap. Then hold this strap between your knees to secure it while you do the same with the other side. Tie the straps in a square knot at your chest.



SAFETY AND TROUBLESHOOTING

Inspect before each use and don't use if there are signs of wear. Don't leave young babies wrapped in a sling to sleep as they could become entangled in the fabric. Use common sense when using your baby carrier, and avoid any activities that will shake or put your baby in danger, e.g. jogging, bike riding, carrying hot drinks, cooking. Always check your baby's airways are clear.

Tie the straps in a square knot (not a bow).

Before use read all instructions. Practice with a doll or teddy before trying with baby over a soft surface or with a helper.



For your comfort ensure baby's weight is not hanging away from you because the carrier is too loose (make sure there is no gap between your body and baby's body) Baby should be seated with knees higher than their bottom. Do not overdress baby.

WASHING

Spot clean as necessary. Wash in cold water on a delicate cycle in a laundry bag and line dry.

