



Hipababy

Quality custom baby carriers

Instructions for using your Podaegi carrier.



Thank you for purchasing a Podaegi carrier. Please read the following instructions before using. Practice with a doll or teddy a few times before trying with your baby.

Front Wrap Cross Carry

This carry is tied in a similar way to a Front Wrap Cross Carry in a wraparound sling. It is easier to partly tie the podaegi before putting your baby in but you can also tie around your baby if you wish.



Put the podaegi on by holding the middle of the headrest against your waist, then bring the straps around to the back then up and over your shoulders, crossing at the back.

Pick up your baby and slide them down into the podaegi blanket.



Pull the straps horizontally to make sure they are tight against your back. Hold your baby and the other strap with your free hand.



Cross the straps under your baby's bum and under (or over legs) and then back around to your back to tie. You can also tie under baby's bum instead.



Pull on the top of the blanket to pull out any slack and check the straps are lying flat and not twisted. Also check your baby has a good seat with the straps supporting their knees and knees higher than bum.



Back Carriers

Do not attempt a back carry until your baby is at least 4 -5 months old and has good head control. Baby should be visible and held close to you - don't let your baby sink too low into the body of the podaegi - this is easier to achieve if you carry your baby with their arms out. Once you have finished wrapping your baby to your back check that all straps are tight and that there is no slack. If you are not well practiced in back carries always wrap over a soft surface!

How to get your baby on your back

Lay the podaegi on a flat surface such as a sofa or bed. Place your baby on top of the podaegi centred in the middle of the headrest with the headrest under their armpits. Alternatively if you don't have a soft surface handy you can wrap the podaegi around your baby with the blanket centred. Then follow the method described in the rucksack instructions described below for older babies and toddlers you can place your podaegi on a chair and place your baby on top and use the straps to draw them up onto your back. Another alternative is to place your toddler or your hip with a the pod around them, swing them around to your back (keep a hand on baby at all times!) and scoot them up a bit higher if necessary and then finish tying off.

Rucksack Carry

Lift your baby over your shoulder holding the straps tightly so your baby is safely supported.



Separate the shoulder straps - make sure you are holding the straps or your baby at all times.

Pull the blanket straight. Hold the straps between your knees.



If you want your baby to be arms in lift the straps one at a time over your child's arm.



Hold one strap between your knees. Bring the other strap over one leg, then under or over the opposite leg. Repeat for the other side. Tie in front or if the straps are too long bring it back behind and then in front. Check your baby has a good seat (straps under knees and knees higher than bum).

Torso carry with shoulder support

This carry distributes most of your baby's weight to your torso and lower body.

Torso Carry with Shoulder Support

First place baby on your back and pull the blanket straight - see the rucksack carry instructions for how to do this.

Cross the straps with a half knot.



Toss one strap over your shoulder (or for a torso carry simply bring the straps back behind) then cross the strap over one leg and then over the next, or alternatively over one leg and under the other. Tuck the strap between your knees, then repeat for the other side. Check your baby has a good seat (straps under knees and knees higher than bum).



Back view - straps crossed over then over baby's legs again. (Ideally the blanket should be more centred than in the photo).





Back view - straps crossed over then under baby's leg.

Variation: Back Wrap Cross Carry

Instead of tying the strap in the half knot across your chest bring each strap over the opposite shoulder and finish off as you prefer.



Hip Carry in a Podaegi

Hip carry in a podaegi is easy to do and comfortable. Here's how to do it.

Sit baby on your hip with the podaegi centred over their back and the top edge of the carrier up to their armpit or higher.

Reach around your back for the strap and pull it over your opposite shoulder.

Place the other strap on top of the first and bring it behind you.

Cross the straps under baby's bum and tie in a knot at your hip.



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.

Washing

You can wash the sling in cold water by hand or delicate machine wash in a laundry bag. Slings containing linen should be washed with a liquid washing detergent only.

