

# BASIC TIE

Tie this first for the Newborn, Hug, Cradle, and Forward carries.

For maximum comfort, make sure the fabric is not twisted, spread it wide over the shoulders and back, and tie it around your waist (not hips).

**Caution:** never carry baby on your front while cooking.



1. Place the middle of the wrap across your waist.



2. Bring each side across your back and over the opposite shoulder.



3. The ends of the wrap will drape in front.



4. Tuck both sides through to the inside.



5. Cross them over.



6. Bring both sides to your back and tie a double knot (only a single knot is shown).



7. Spread the fabric for maximum comfort.

## Care of the Organic Cotton Wrap Carrier

- Machine wash in cold water and tumble dry low. Your wrap will shrink but will stretch again with use.

## Benefits of the Wrap Carrier

- Hands free! Baby is fully supported so you can do most things with baby.
- Baby is close so you can respond to their cues.
- Baby is calm because of your familiar smell, your heartbeat, your voice, and the motion of being carried.
- Carrying your baby stimulates their brain development. Babies who are carried learn to walk and talk faster, because they experience the motion of walking and hear sounds through your chest and throat.
- For more information on babywearing, go to [www.AskDrSears.com](http://www.AskDrSears.com).

# NEWBORN CARRY

(Asheya and Eowyn, 4 months)

This carry is excellent for newborns, and their legs can stay tucked up inside the wrap.

This is a great carry for skin-to-skin care; just put baby in only a diaper and the adult with a bare torso (the adult could wear a shirt over top of the carrier).



1. Hold baby firmly centered on your body. Put the middle of the wrap over the baby.



2. Holding baby, bring one piece of the wrap behind you to the opposite shoulder.



3. Bring the fabric over the shoulder and across baby's body, keeping fabric tight.



4. Hold baby. Bring the other piece of the wrap behind you to the opposite side.



5. Bring the fabric over the shoulder and across baby's body, pulling fabric tight.



6. Bring both sides to your back and tie a double knot, or bring to your front to tie.



7. Spread the fabric over baby's body and your shoulders for maximum comfort.

## Tips

- When carrying newborns, support their upper body and neck during tying.
- Pull the cross pieces over a newborn's head for support.
- A baby whose legs are tucked in the wrap may get restless after a while. If your baby starts to squirm or seems discontent, take them out and allow them to stretch.

## HUG CARRY

(Eric and Eowyn, 4 months)

Start with the basic tie. This carry is appropriate for newborns as well as older infants.



1. Hold baby on the shoulder opposite the piece of fabric closest to your body.



2. Gently put baby's leg through the fabric closest to your body.



3. Put baby's other leg through the other piece of fabric. Baby is sitting on the "X".



4. Spread the fabric over baby's groin and torso, so baby is well supported.



5. Pull the center piece around baby's legs to form a pouch.



6. Or pull the center piece over baby's legs to help support the head and bum.

# CRADLE CARRY

*(Erin and Olivia, 4 months)*

Start with the basic tie.

This carry is appropriate for newborns as well as older infants, and keeps the baby secure and close to your heart.



1. Fold the fabric over your shoulders in half to create a pocket.



2. Place baby's bum and upper body into the pocket closest to your body.



3. Place baby's legs into the other pocket. Spread the fabric around baby.



4. Bring the center of the wrap up and over baby's body.



5. Spread the fabric for maximum comfort.

# FORWARD-FACING CARRY

*(Desiree and Story, 5 months)*

Start with the basic tie.

This carry is appropriate for infants who can support their own head.



1. Put one of baby's legs through the fabric piece closest to your body.



2. Place baby's other leg through the other fabric portion, so baby is sitting on the "X".



3. Spread the fabric wide over baby's groin and torso.



4. Create a pouch with the center fabric.



5. Or bring the center piece further up.

**HIP CARRY** – (*Kirsten and Darwin, 7 months*) – This carry is appropriate for infants who can sit on their own.



**1.** Center the wrap over your shoulder opposite the side you will carry the baby.



**2.** Bring the front of the fabric across your body towards the hip the baby will sit on.



**3.** Wrap the front piece around your back and the back piece around your front.



**4.** Tie a double knot on the hip opposite where the baby will sit.



**5.** Put baby's leg through the front piece.



**6.** Put baby's other leg through the back piece. The baby sits on the "X".



**7.** Spread the fabric piece closest to you over baby's bum and groin.



**8.** Spread the other fabric piece over baby's body so baby is well supported.



**9.** Spread the fabric across your shoulder for maximum comfort.

## BACK CARRY

(Desiree and Story, 5 months)

This carry is great for when you are cooking.



1. Have a partner help you. Place the baby on your back and the middle of the wrap over the baby.



2. Bring each side of the wrap under your arm, across your chest, and over the opposite shoulder. Keep the fabric pulled tight.



3. Cross the fabric over the baby's back. Spread the fabric wide.



4. Tuck the wrap ends under the baby's legs and bring to the front.



5. Tie a double knot in the front, or if there is enough fabric, bring to the back and tie a double knot.



6. Spread fabric over your shoulders for maximum comfort.