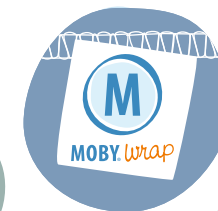




MOBY® *wrap*

Instructional Booklet

Award-Winning • Ergonomic • Versatile • Irresistibly Comfortable



Thank you for choosing a Moby® Wrap!



After the birth of my son Nathan, I wanted a baby carrier that would allow him to be with me while I continued my work as a parent educator. I created the Moby Wrap and named it for the feeling of closeness and connection between mother and baby (MOther + baBY).

My wish is that your Moby will help you and your baby experience the joys of babywearing.

*Sincerely,
Gillian
Co-Founder & President
Moby Wrap Inc.*

Getting Started

This instructional booklet is a guide for exploring the various ways to use your Moby Wrap. Babywearing is a time-tested tradition practiced around the world for centuries. The Moby Wrap brings COMFORT to TRADITION. Baby and wearer can enjoy all the benefits of being close for extended periods of time.

After a hold has been introduced, continue to use it as long as baby is comfortable and secure. Remember each child is an individual and will develop at his or her own rate and have his or her own preferences.

Carry baby in the Moby Wrap the same way that you would in your arms - supported, snug and aligned. By mimicking the way you naturally carry baby you will find:

- Baby's preferred carrying position
- A hold that is soothing and calming for baby and wearer
- Decreased back strain on the wearer
- Baby in a correctly aligned position

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MOBY® Wrap Safety

ONLY USE THIS CARRIER FOR BABIES BETWEEN 8 LBS AND 35 LBS

Never use this carrier for a preterm infant without seeking the advice of a healthcare professional.

- Read and follow all printed instructions and view instructional videos online before use.
- Examine your Moby before each use for wear and tear, including ripped seams or torn fabric.
- Check to be sure the baby is safely positioned in the Moby according to instructions for use.
- Check on the baby often. Ensure that the baby is periodically repositioned. Failure to pay attention can lead to falls or failure to notice distress.
- If using a Moby while breastfeeding, always move the baby's face away from the breast after feeding and then reposition baby upright.
- Never leave a baby in a baby carrier that is not being worn.
- Never use when balance or mobility is impaired because of exercise, drowsiness or medical conditions. Your balance may be adversely affected by your movement and that of your child.
- Never use a Moby while engaging in activities such as cooking and cleaning which involve a heat source or exposure to chemicals.
- Never wear a Moby while driving or being a passenger in a motor vehicle.
- Never place more than one child in a baby carrier. Never use more than one baby carrier at the same time.
- Never use a Moby Wrap in any body of water.
- Keep the baby facing towards the caregiver. Never face a baby outwards before they have head control.

 **WARNING** FAILURE TO FOLLOW THE MANUFACTURER'S INSTRUCTIONS CAN RESULT IN DEATH OR SERIOUS INJURY.

SUFFOCATION HAZARD

Ensure that the infant's face is above the fabric, visible and free from obstructions at all times. Babies at the greatest risk of suffocation include those born prematurely, those with respiratory problems and those under four months of age. Ensure that the baby does not curl into a "C" position with the chin resting on or near the chest. This position can interfere with breathing, even if nothing is covering the nose or mouth.

FALL HAZARD

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



MOBY® Safety Checks

You will find this icon at the end of each hold. It is a reminder to do your Moby Safety Checks.



Look Make sure baby's nose and mouth are visible. Ensure that the baby does not curl into a "C" position with the chin resting on or near the chest.

Listen to baby's breathing. Reposition baby if breathing is raspy, loud or abnormal.

Feel Make sure you can fit at least two fingers between baby's chin and chest.



YES

Chin up!
Face visible!
Nose & mouth
NOT covered!



Baby's face is covered

Baby is too low

Baby is hunched, chin touching chest

Baby's face is pressed tight against wearer

MOBY® Wrap Seguridad

USE ESTE PORTABEBÉS SÓLO PARA INFANTES QUE PESEN ENTRE 3,6 Y 15,8 KILOS (DE 8 A 35 LIBRAS). Nunca use este portabebés con un bebé prematuro sin antes consultar a un profesional de la salud.

- Antes de usar el producto, lea y siga todas las instrucciones impresas y vea todos los videos instructivos (en línea).
- Examine su portabebés Moby antes de cada uso, para descartar desgaste o daños, incluyendo costuras rasgadas o tela rota.
- Asegúrese de que el bebé esté en una posición segura en el portabebés Moby, de acuerdo con las instrucciones de uso.
- Vigile al bebé continuamente. Asegúrese de cambiar periódicamente la posición del bebé. No prestar atención puede provocar caídas o impedir notar si el bebé siente dolor o tiene dificultades para respirar.
- Si usa el portabebés Moby para amamantar, siempre aleje la cabeza del bebé de su seno después de alimentarlo y procure que permanezca en posición erguida.
- Nunca coloque a más de un bebé en un portabebés. Nunca use más de un portabebés al mismo tiempo.
- Nunca use el portabebés cuando su equilibrio o movilidad se vean afectados a causa de ejercicio, somnolencia o alguna condición médica. Su equilibrio puede verse afectado por su movimiento y por el de su bebé.
- Nunca use el portabebés Moby cuando esté realizando actividades como cocinar o limpiar, ya que involucran una fuente de calor o exposición a químicos.
- Nunca use un portabebés Moby cuando esté conduciendo un vehículo o viaje en el asiento de pasajero.
- Nunca deje a un bebé en un portabebés que no esté siendo usado.
- Nunca use un portabebés Moby Wrap en un cuerpo de agua.
- Siempre mantenga al bebé de frente al portador. Nunca coloque a un bebé mirando hacia fuera si aún no puede controlar su propia cabeza.

! ADVERTENCIA NO CUMPLIR CON LAS INSTRUCCIONES DEL FABRICANTE PUEDE CAUSAR LA MUERTE O LESIONES SEVERAS.

RIESGO DE SOFOCACIÓN

Asegúrese de que el rostro del niño siempre sobresalga por encima de la tela, visible y libre de cualquier obstrucción en todo momento. Los bebés con más riesgo de sofocarse son los nacidos prematuramente, o los que tengan problemas respiratorios o sean menores de cuatro meses. Asegúrese de que el bebé no se doble en una posición en forma de "C", con la barbilla reposando sobre el pecho o cerca del pecho. Esta posición puede interferir con la respiración, incluso si no hay nada que pueda cubrir la nariz o la boca.

RIESGO DE CAÍDAS

Inclinarse, agacharse o tropezarse puede provocar que el bebé se caiga. Cuando esté en movimiento, siempre coloque una mano sobre el bebé.



MOBY Comprobaciones de Seguridad

Usted encontrará este icono al final de cada bodega. Es un recordatorio para hacer sus controles de seguridad Moby.

**Look
Listen
Feel**

Observe

Asegúrese de que la nariz y boca del bebé sean visibles. Asegúrese de que el bebé no se doble en una posición en forma de "C", con la barbilla reposando sobre el pecho o cerca del pecho.

Escuche

la respiración del bebé. Reposicione al bebé si la respiración es áspera, ruidosa o anormal.

Sienta Asegúrese de que puede colocar al menos dos dedos entre la barbilla y pecho del bebé.



SÍ
¡BARBILLA ARRIBA
Y ROSTRO VISIBLE!

Wrapping Folded

Getting ready for baby



1 Begin with your Moby logo tag centered at your navel.
Comience con la etiqueta del logotipo de su Moby centrada al nivel de su ombligo.



2 Fold the Moby Wrap in half lengthwise and place across your waist with the stitched edges on top.
Doble el Moby Wrap por la mitad a lo largo y colóquelo delante de su cintura con los bordes con costuras en la parte de arriba.



Tuck one side under to hold in place

3 Cross the two ends behind your back and bring one end up and over your shoulder.
Cruce los dos extremos por detrás de su espalda y lleve hasta arriba uno de ellos, pasándolo por encima del hombro. *Meta un lado por abajo para que se mantenga en su lugar.*



Comfort Tip
Keep stitched edges near your neck. The flatter the fabric, the more comfortable you will feel.

4 Bring the other end over your opposite shoulder creating an "X" on your back.
Haga pasar el otro extremo por encima del hombro contrario formando una "X" en su espalda. *Consejo para una Mayor Comodidad: Mantenga los bordes con costuras cerca de su cuello. Cuanto más plana ponga la tela, más comodidad habrá.*



5 Tuck the ends of the wrap under the logo section from top to bottom.
Meta los extremos del fular por debajo de la sección del logotipo, desde la parte superior hasta la inferior.



6 Cross the end pieces in the front making an "X" on your chest.
Cruce los extremos de la parte delantera formando una "X" sobre su pecho.



7 Bring the fabric ends behind your back and tie a knot here, or continue to wrap around to the front of your body.
Lleve los extremos de la tela hasta detrás de su espalda y átelos en ese lugar, o continúe envolviendo hasta la parte delantera de su cuerpo.



Tie where knot comfortably lands

8 Tie a double knot on your back, hip or front.
Haga un doble nudo sobre su espalda, cadera o parte delantera. *Haga el nudo donde más cómodo resulte.*

*Newborn Hug Hold pg. 11
Hug Hold pg. 13 • Hip Hold pg. 15*

Wrapping Gathered

Getting ready for baby

Try both Moby wrapping methods
gathered & folded
to find what works best for you!



1 Gather the Moby Wrap and place across your waist with the logo tag centered at your navel.

Sujete el Moby Wrap y colóquelo enfrente de su cintura con la etiqueta del logotipo centrada en su ombligo.



2 Cross the two ends behind your back and bring one end up and over your shoulder.

Cruce los dos extremos por detrás de su espalda y lleve hasta arriba uno de ellos, pasándolo por encima del hombro.



3 Bring the other end over your opposite shoulder creating an "X" on your back.

Haga pasar el otro extremo por encima del hombro contrario formando una "X" en su espalda.



4 Tuck the ends of the Moby under the logo section, from top to bottom.

Meta los extremos del fular por debajo de la sección del logotipo, desde la parte superior hasta la inferior.



5 Cross the end pieces in the front making an "X" on your chest.

Cruce los extremos de la parte delantera formando una "X" sobre su pecho. Una "X" más alta colocará al bebé más arriba; una "X" más baja colocará al bebé más abajo.

A higher "X" positions baby higher; a lower "X" will position baby lower



6 Bring the fabric ends behind your back and tie a knot here, or continue to wrap around to the front of your body.

Lleve los extremos de la tela hasta detrás de su espalda y átelos en ese lugar, o continúe envolviendo hasta la parte delantera de su cuerpo.



7 Tie a double knot on your back, hip or front.

Haga un doble nudo sobre su espalda, cadera o parte delantera. Haga el nudo donde quede cómodo, asegurándose de que el fular quede ajustado.

Tie where knot comfortably lands, making sure wrap is snug

*Newborn Hug Hold pg. 11
Hug Hold pg. 13 • Hip Hold pg. 15*



Putting baby in your Moby ...it's as simple as 1 2 3



Triple-Wrapped Security

Now that you are wrapped it's time to put baby in. **Baby will sit on the "X"** and be secured by three sections of fabric. Together, these sections create the MOBY® Triple-Wrapped Security.

- 1** Shoulder piece section
Otra pieza de la parte del hombro
- 2** Shoulder piece closest to your body
La pieza del hombro más cercana a su cuerpo
- 3** Logo tag section
Sección de la etiqueta del logotipo

Introducir al bebé en su Moby es tan fácil como 1,2,3.
Seguridad de triple envoltura Ahora que ya ha realizado la envoltura, llega el momento de introducir al bebé, al cual se le situará sobre la "X" y se le asegurará mediante 3 secciones de tela.

The "X" Factor

Sections 1 and 2 cross from your shoulders around baby's back and between baby's legs.

Buckle Up

Think of section 3 as your Moby seat belt. Always secure your baby's back and shoulders with this section of fabric by pulling it up and over baby.

El factor "X" Las secciones 1 y 2 se cruzan desde sus hombros, alrededor de la espalda del bebé y entre las piernas de este.

Abróchese el cinturón Piense en la sección 3 como si fuera su cinturón de seguridad Moby. Asegure siempre la espalda y los hombros de su bebé con esta sección de tela tirando de ella hacia arriba y por encima del bebé.

Newborn Hug Hold with Andrea & Austin

Introduce at 8 lbs. For babies under 8 lbs, consult your healthcare professional

Upright position with legs tucked



1 Locate the shoulder piece that is nearest your body. Open seams to create a pocket for baby.

Utilizar a partir de 3,63 kg. Para bebés de menos de 3,63 kg, consulte a su médico.

Localice la pieza del hombro más cercana a su cuerpo. Abra las junturas para crear un bolsillo para el bebé.



2 Place baby on the shoulder opposite from the piece of fabric closest to you.

Coloque al bebé en el hombro contrario a la pieza de tela más cercana a usted.



3 Slide baby down your chest and into this pocket. The baby's legs will remain in the fetal position.

Deslice al bebé hacia abajo e introdúzcalo en este bolsillo. Las piernas del bebé permanecerán en posición fetal.

You may tuck baby's head under one of the shoulder pieces for additional support



4 Spread the fabric over the baby's body including the shoulders, back and bottom.

Extienda la tela por encima del cuerpo del bebé, incluyendo los hombros, espalda y trasero.



5 Locate the opposite section of fabric and spread over baby's body.

Localice la sección de tela contraria y extiéndala sobre el cuerpo del bebé.



6 Find the logo tag and pull this section of fabric up and over baby.

Busque la etiqueta del logotipo y tire hacia arriba de esta sección de tela y por encima del bebé. Puede meter la cabeza del bebé por debajo de una de las piezas del hombro para obtener apoyo adicional.

Look
Listen
Feel

Helpful Hints

- Newborn babies with colic, gas or acid reflux often **prefer being carried in an upright position.**
- If baby doesn't like being in the wrap, gently take baby out and **try again later.**
- A baby can **sense a wearer's hesitance** when using the wrap. Babies who "don't like being wrapped" actually enjoy it (and fall fast asleep) when carried by an experienced babywearer. **Keep practicing!**
- **Babies will cue you** when they are ready to be out of this position by starting to stretch their legs. At this point, you may put baby's legs through the fabric as instructed in the Hug Hold.

Dad Tip

- The **vibration of a man's Adam's apple can be soothing** to an upset baby. Try having Dad or Grandpa hold the baby in this position and walk around humming or singing to soothe a crying infant.

For more helpful tips please visit our website:

mobywrap.com

Hug Hold with Jessica & Lucas

Introduce when baby is fully stretching legs (2-3 months)

Upright position with legs out



1 Locate the shoulder piece that is closest to your body.

Introducir cuando el bebé está completamente estirar las piernas (2-3 meses).

Localice la pieza del hombro más cercana a su cuerpo.



2 While holding baby on your opposite shoulder, carefully put baby's first leg through the shoulder piece.

Mientras sujeta al bebé sobre el hombro contrario, pase con cuidado la primera pierna del bebé por la pieza del hombro.



3 Spread the fabric over baby's bottom and shoulder. Keep spreading until the fabric is to the hollows of baby's knees.

Extienda la tela por encima del trasero y el hombro del bebé. Siga extendiendo hasta que la tela llegue a la concavidad de detrás de las rodillas del bebé.



4 Place baby's second leg through the other shoulder piece while supporting the upper body.

Haga pasar la otra pierna del bebé por la pieza del otro hombro mientras sostiene la parte superior del cuerpo.



5 Spread the fabric, covering baby's bottom and shoulder.

Extienda la tela, cubriendo el trasero y el hombro del bebé.



Baby may need to be slightly lifted up to locate logo tag

6 Locate the logo tag and gently put baby's legs through this section.

Localice la etiqueta del hombro y haga pasar con cuidado las piernas del bebé por esta sección.



Secure baby's shoulder with two sections of fabric

Carry baby above your hips

7 Continue pulling this section of fabric up and over baby's back and shoulders.

Continúe tirando de esta sección de la tela hacia arriba, así como por encima de la espalda y los hombros del bebé. *Asegure el hombro del bebé con dos secciones de tela. Lleve al bebé por encima de la cadera.*



Baby should be in a seated position with knees up

Look Listen Feel

8 You may tuck baby's head under one of the shoulder pieces for additional support.

Puede meter la cabeza del bebé por debajo de una de la piezas del hombro para obtener apoyo adicional. *El bebé debería estar sentado con las rodillas hacia arriba.*

Hip Hold with Antonio & Lucas

Introduce when baby has excellent head & upper body control (5+ months)

Variation of the Hug Hold

A variation on the **Hug Hold**, this hold moves the "X" to your side. It is a great alternative for babies who like to be carried **on the hip**.



Wrap using either the Folded or Gathered method



1 Before you wrap, choose the hip on which you'd like to carry baby.

Empiece a utilizarlo cuando el bebé tenga un excelente control de la cabeza y la parte superior del cuerpo (más de 5 meses). Antes de envolver, elija la cadera sobre la que le gustaría llevar al bebé. *Una variante de la Sujeción de Abrazo consiste en que se traslada la "X" a su costado. Es una alternativa estupenda para bebés a los que les gusta que les lleven sobre la cadera.*

2 Wrap so that the shoulder piece closest to your body is the side on which you will carry baby (Antonio will carry on his left).

Envuelva de modo que la pieza del hombro más cercana a su cuerpo sea el costado sobre el que llevará al bebé (Antonio lo llevará a su izquierda). *Envuelva utilizando el Método Doblado o el Recogido.*

3 Shift the Moby so that the fabric "X" is moved from your front to your side.

Mueva el Moby de modo que la "X" de la tela pase de la parte de delante hasta su costado.

4 Place one of baby's legs through the shoulder piece closest to your body, so that baby straddles your hip. Spread the fabric over baby's bottom and shoulder.

Haga pasar una de las piernas del bebé por la pieza del hombro más cercana a su cuerpo, de modo que el bebé se siente a horcajadas sobre su cadera. Extienda la tela sobre el trasero y el hombro del bebé.



5 Bring baby's other leg through the opposite shoulder piece. Fully spread the fabric, ensuring it is to the hollows of baby's knees and over baby's entire back.

Haga pasar la otra pierna del bebé por la pieza del hombro contrario. Extienda completamente la tela, asegurándose de que está en la concavidad de detrás de las rodillas y por toda la espalda del bebé.



6 Locate the logo tag and gently put both of baby's legs through this section. Pull fabric up over baby's back and shoulders.

Localice la etiqueta del logotipo y pase cuidadosamente las dos piernas del bebé por esta sección. Tire de la tela hacia arriba por encima de la espalda y los hombros del bebé.



7 Baby is now in a seated position straddling your hip with one leg in front and one behind you.

Los hombros del bebé deberían asegurarse con dos capas de tela y debería sentarse cómodamente en su cadera.



8 Baby should be seated comfortably at your hip with baby's shoulders secured by two layers of fabric.

Los hombros del bebé deberían asegurarse con dos capas de tela y debería sentarse cómodamente en su cadera. *El bebé debería estar sentado con las rodillas hacia arriba.*

Baby should be in a seated position with knees up

Look Listen Feel

Kangaroo Wrap & Hold with Brittany & Elsie

Introduce at 8 lbs. For babies under 8 lbs, consult your healthcare professional

Wrap around baby



1 Place the Moby Wrap across your waist with the logo tag centered at your navel.

Utilizar a partir de 3,63 kg. Para bebés de menos de 3,63 kg, consulte a su médico.

Coloque el Moby Wrap delante de su cintura con la etiqueta del logotipo centrada en su ombligo.



2 Wrap the ends of the Moby behind your back. Make an "X" on your back by crossing the two ends up over your shoulders.

Envuelva los extremos del Moby por detrás de su espalda. Forme una "X" en la espalda cruzando los dos extremos por encima de los hombros.



3 Now it's time for baby. Hold baby up on your shoulder.

Llega el momento del bebé. Sujete al bebé y apóyelo sobre su hombro.



4 Gently lower baby into the fabric section with the logo tag, putting both legs through and tucking fabric under baby's bottom.

Introduzca cuidadosamente al bebé en la sección de la tela con la etiqueta del logotipo, haciendo pasar las dos piernas y metiendo la tela por debajo del trasero del bebé. Tire hacia arriba de un poco de tela entre las piernas del bebé para crear un asiento.



Tuck fabric up between baby's legs to create a seat



5 Holding baby securely, bring one fabric end over baby's back towards your opposite hip and guide under baby's leg.

Mientras sujete al bebé con seguridad, pase un extremo de la tela sobre la espalda del bebé, llévelo hasta la cadera contraria y guíelo por debajo de la pierna del bebé.



6 Repeat with the other fabric end, making sure you keep both fabric ends pulled snugly as you wrap.

Repita la operación con el otro extremo de la tela, asegurándose de tirar de ambos extremos de la misma de forma que se ajusten bien mientras envuelve.



7 Wrap fabric ends around your body. Double knot at your back, hip or front.

Envuelva su cuerpo con los extremos de la tela. Anúdelos en la espalda, la cadera o por delante. Pruebe a darle la vuelta a la tela en el hombro para una mayor comodidad.



Try flipping fabric at shoulder for comfort



8 Tuck back of baby's head into a shoulder section for additional support.

Introduzca la nuca del bebé en una sección del hombro para conseguir apoyo adicional. Asegúrese de que la boca y la nariz del bebé se pueden ver. Asegúrese de comprobar que la barbilla está despegada del pecho.

Make sure baby's mouth and nose are visible

Feel to make sure chin is lifted off chest

Look Listen Feel

Am I Wrapped Correctly?

¿Me he Envuelto Correctamente?

Baby should stay close to your body.

Baby should fit snugly in your Moby as shown here. →

El bebé debe estar cerca de su cuerpo.
El bebé debería ajustarse bien en su Moby.

Perfect!



How to test your Moby fit

Is your Moby wrapped too loose?

To test: Support baby with at least one hand and lean forward.

Readjust your wrap if it is too loose by removing baby from wrap, untying and pulling fabric tighter. Then re-tie. Check again after baby is back in.



¿Está su Moby demasiado suelto?

Comprobación: Sujete al bebé con al menos una mano e inclínese hacia delante. Reajuste la envoltura si está demasiado ceñida y saque al bebé de esta, desatándola y soltando tela. Luego, átela de nuevo. Vuelva a comprobar después de reintroducir al bebé.

Your Moby is too loose if baby pulls away from your body when you lean forward.

Su Moby está demasiado suelto si el bebé se separa de su cuerpo al inclinarse hacia delante.

Is your Moby wrapped too tight?

To test: Follow the directions on the right. You are wrapped too tight if you can't adjust baby.

Readjust your wrap if it is too tight by removing baby from wrap, untying and loosening fabric. Then re-tie. Check again after baby is back in.



¿Está la envoltura de su Moby demasiado apretada?

Comprobación: Sujete al bebé con al menos una mano e inclínese hacia delante. Reajuste la envoltura si está demasiado ceñida y saque al bebé de esta, desatándola y soltando tela. Luego, átela de nuevo. Vuelva a comprobar después de reintroducir al bebé.

1 Bring logo section down to baby's mid-back. Insert hands through sides of the Moby Wrap and adjust baby as needed. You are wrapped too tight if you can't adjust baby.

Mueva hacia abajo la sección del logotipo hasta el centro de la espalda del bebé. Introduzca las manos por los lados del Moby Wrap y ajuste al bebé según sea necesario. El Moby está demasiado apretado si no puede ajustar al bebé.

2 After checking that baby is wrapped correctly, pull logo section back up to secure shoulders.

Tras comprobar que el bebé está envuelto correctamente, vuelva a tirar hacia arriba de la sección del logotipo para asegurar los hombros.

Adjusting Baby

- To adjust baby, **follow steps 1 & 2** on the left.
- Check on baby's positioning to ensure **safety and comfort**.
- Be sure to perform your **safety checks** (pages 8 & 17) while adjusting baby.
- If baby seems fussy in the Moby, **first try adjusting** baby's position before taking baby out.
- It may take a few tries to feel confident with the wrapping process. Read **Practice Makes Perfect** on page 40 for more helpful hints.

Time for your Moby Safety Checks

Look Listen Feel

MOBY®

✓ Checklist

Comprobaciones de Seguridad



✓ **Chin is off chest**
La barbilla está despegada del pecho



✓ **Baby's face is visible**
Puede verse la cara del bebé



✓ **The logo tag section "seat belt" is securing baby's entire back and shoulders**

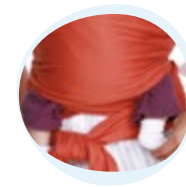
La sección de la etiqueta del logotipo ("cinturón de seguridad") está asegurando toda la espalda y los hombros del bebé



✓ **Baby is in a seated position with knees up above bottom**

El bebé está sentado con las rodillas hacia arriba por encima del trasero

✓ **Baby is carried above hips**
El bebé se lleva por encima de las caderas



✓ **Fabric is spread to the hollows of baby's knees**

La tela se extiende hasta las concavidades de las rodillas del bebé

Keep your Moby on, then baby can go back in when ready!

Consejo: ¡no deshaga la envoltura de su Moby, ya que el bebé puede volverse a meter cuando todo esté listo!



1 Lower the Moby logo tag below baby's bottom. Open fabric, carefully supporting baby as you do this. Newborns will need additional head support.

Baje la etiqueta del Moby por debajo del trasero del bebé. Abra la tela, sujetando al bebé con cuidado mientras lo hace. Los recién nacidos necesitarán apoyo adicional para la cabeza.

Taking Baby Out

Cómo Sacar al Bebé



2 Lift baby straight up and out of the Moby. Keep baby close to your body as you lift up.

Levante al bebé hacia arriba y sáquelo del Moby. Mantenga al bebé cerca de su cuerpo mientras lo levanta.

MOBY® Massage

The practice of infant massage combines caregiving, communication, play and intimacy between a parent and baby. Research, clinical studies and observation attest the beneficial attributes of massage.

Benefits for Baby

- **Relief** - massage can relieve discomfort from teething, congestion, constipation, gas and colic.
- **Bonding** - more intimate interaction with parent and infant, helping to foster the parent/infant bond.
- **Skin stimulation** - all the physiological systems are stimulated by massage.
- Helps to **deepen respiration**, improves muscle tone and circulation, improves sensory awareness, and helps baby sleep deeper and longer.
- **Improves digestion** and baby's immune system.
- Better able to handle stimulation and **self-soothe**.



Forehead Massage

Begin with your fingers meeting in the middle of baby's forehead, stroke toward the temples using the flat part of your fingers.



Eyebrows and Eyes

Place thumbs on baby's eyebrows above the nose. Gently stroke toward the temples.



Around the Ears

Place the flats of fingers in front of the ears. Stroke over and around the ear, then under the jaw to the chin.



Finger Massage

Use your thumb and index finger to roll each of baby's fingers from the palm to the tip.



Stroke the Arm

Mold your hand around baby's arm near the shoulder with fingers on top, thumb underneath. Stroke from the shoulder to the wrist.



Hand Massage

Hold baby's hand in yours. Stroke the top of the hand with your thumb from the wrist to the fingers. Draw circles around the wrist with your thumb.



Back and Forth

Mold your hands to baby's back starting at the shoulders. Glide back and forth across the back from shoulders to bottom then back up.



Gliding

Glide your hand down baby's back from shoulders to bottom.



Circles

Use the flats of your fingers to draw circles down one side of baby's back then back up the other side.

Benefits for Parents

- Helps establish a **strong bond** between parent and child.
- Enhances parent-infant nonverbal **communication**.
- Feel more **confident** and competent with parenting skills.
- Better able to **understand** the needs of infants.
- Provides fathers **quality time** with their babies.
- Helps **overcome** feelings of depression or post-baby blues.
- Provides time to **relax and unwind** from the busy pace of life.



Stroke the Leg

Mold your hand around baby's leg near the hip with your fingers on top, thumb underneath. Stroke from the hip to the ankle.



Foot and Ankle Massage

Hold baby's foot in your hand. Stroke the top of the foot with your thumb from the toes to the ankle. Draw circles around the ankle with your thumb.



Toe Massage

Use your thumb and index finger to gently roll each toe.

These strokes have been designed for Moby Wrap

Recommended Reading:

Infant Massage: A Handbook for Loving Parents by Vimala McClure

Loving Hands - The Traditional Art of Baby Massage by Dr. Frederick LeBoyer

A special thanks to Infant Massage USA®, a pioneering non-profit family education and service organization, for their guidance in bringing the awareness of infant massage to Moby wearers and babies everywhere!

Infant Massage USA
Nurturing souls that learn a lifetime

infantmassageusa.org

MOBY. exercises

By Lisa Druxman, founder of Stroller Strides®

Babies love the motion and closeness; parents love the comfort and convenience! Even better, the Moby Wrap can also be a part of great workout. Baby's weight is evenly distributed while adding a functional 'weight' to your exercises!



Posture, posture!

Before we begin your workout, let's talk posture. The main downside we find with most carriers is that they can wreak havoc on your posture. New moms already suffer from posture problems aggravated by feeding, picking up baby, car seats and more. The best way to use a baby carrier is to focus on stretching the chest area and strengthening the upper back. When wearing the carrier, regularly contract your shoulder blades, bringing them together as if you were squeezing a pencil. Keep shoulders down and back, and neck long and relaxed.

Plie Squat

A plie squat is a gym favorite for shaping thighs and lifting derrieres. This exercise works the quads, hamstrings, inner thighs and glutes. Baby will love the light bounce and your bottom will love the workout.

1. Stand with feet wide, toes turned out.
2. Pull abdominal muscles in flat.
3. Slowly lower down until your thighs are near parallel to the floor, keeping knees and toes aligned.
4. Slowly squeeze thighs and glutes until you're back to start position.
5. Repeat for 1 to 3 sets of 12-16 repetitions, with a 20-30 second rest between sets.
6. To add intensity, hold your squat in the lowered position and do some controlled pulses.

3 toning moves to do with baby

What else can you do with a Moby Wrap carrier?

Although not appropriate for running or even power walking (because baby needs to be kept stable), a slow walk can become a workout with baby in tow. You can also add exercise tubing to your workout and do bicep curls, lateral raises and other exercises where you are standing and upright. As long as baby's head is supported and you can maintain good posture, you're set to get fit!

Moby Wrap baby carriers can be used for babies up to 35 lbs

Since newborns lack sufficient head and neck control, be sure to provide proper support until they have developed adequate control. A Moby Wrap is easier on your body (than holding baby), because it distributes your baby's weight evenly.



Lunge

A lunge is also one of the most popular gym exercises because it does so much at once. In just this one exercise, you work the glutes, hamstrings, quads and inner thighs. It's more important to have a long stride than to lunge deeply while performing this exercise. If you feel off balance, make your stance wider or use a chair for support.

1. Stand in a long staggered lunge stance.
2. Bend knees and descend to form a 90-degree angle with upper and lower position of each leg.
3. The kneecap of front leg should be approximately over the last shoelace.
4. Keep front heel down and weight distributed evenly through front foot.
5. Heel of back leg is up off floor and ball of foot is in contact with floor.
6. Keep head over hips and eyes focused directly forward.
7. Keep chest expanded and shoulder blades squeezed together.
8. Return to start position and repeat for 1 to 3 sets on each leg, about 12-16 repetitions.



Wall Squat

A wall squat is a great exercise to work your upper legs. We recommend singing to your baby while your minute-long wall squat counts down!

1. Standing with your back to a bare wall, slide down the wall until your legs are at a 90-degree angle.
2. Feet should be shoulder-width apart, toes forward and abdominals tucked.
3. Hold this position and squeeze your glutes.
4. Hold for one minute or until your thighs beg for mercy.



strollerstrides.com

Nutrition by



Nutrient	While Pregnant & Breastfeeding	What It Does	Where To Get It
Protein	65-75 grams per day vs. 50-55 grams pre-pregnancy - that is an additional 2 oz of meat OR 2 tbsp of almond butter	Baby's red blood cells, metabolism and development are dependent on protein.	<ul style="list-style-type: none"> • lean red meat • poultry • fish • dairy • beans/soy • eggs • LUNA Bar
Folic Acid	800 micrograms per day vs. 400 mcg pre-pregnancy - that is an additional 1 cup cooked spinach OR ¾ cup 50% RDA folate fortified cereal	Promotes baby's brain and spinal column development.	<ul style="list-style-type: none"> • dark green leafy vegetables • beans • fortified orange juice • whole grains • LUNA Bar
Calcium	1,000 milligrams per day (the amount hasn't changed since pre-pregnancy but it's even more important now that you are eating for two)	Necessary for formation of baby's bones and keeping mom's bones strong.	<ul style="list-style-type: none"> • dairy • tofu • beans • almonds • broccoli/kale • LUNA Bar
Iron	27 milligrams per day (vs. 18 mg pre-pregnancy - that is an additional 2 oz lean beef AND ¾ cup kidney beans)	Helps promote weight gain in baby and support healthy blood cells in mom.	<ul style="list-style-type: none"> • lean red meat • eggs • enriched whole grains • beans/lentils • spinach • LUNA Bar
Omega - 3 Fatty Acids	1.3-1.4 grams per day (vs. 1.1 grams pre-pregnancy - not a big change, but very important at this stage)	Important in baby's brain and central nervous system development. Helps maintain mom's positive outlook post-partum.	<ul style="list-style-type: none"> • low mercury fish like salmon (12 oz per week) • flaxseed (oil or ground) • walnuts • LUNA Bar

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MOBY® yoga

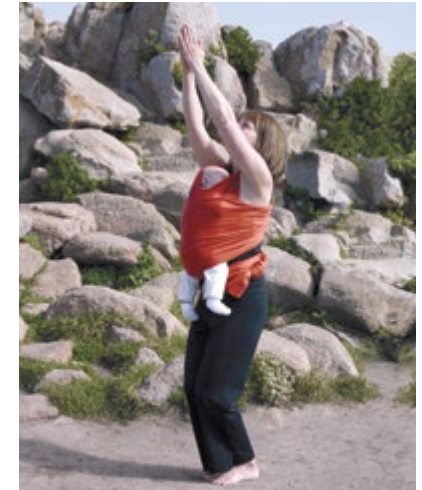
On these pages are yoga poses that are easily done while wearing baby. Please make sure to consult your doctor or midwife before resuming any exercise regimen and listen to your body, stopping if you feel any discomfort. Before you start, make sure baby is fed and happy. That way, you're set up for success on this adventure.

Once you master the basic yoga poses, you can modify others in your skill & comfort level. Have fun!



Mountain Pose

Stand up straight, big toes together. Inhale arms out to sides and overhead. Exhale arms down to Mountain Pose. Repeat 3-5 times.



Modified Sun Salutations

Stand in Mountain Pose. Inhale arms overhead and bend knees for Chair Pose. Hold for 3-5 breaths. Exhale arms down, straighten legs, coming back into Mountain Pose. Repeat 3-5 times.



Staff Pose

Sit on your mat with your legs straight. Ground sitting bones into the mat, engage quadriceps and push through the heels of the feet. Ground palms next to hips and lift chest. Hold for 3-5 breaths.



Bound Angle Pose

Sit in Staff Pose. On the exhale - bend knees, pull heels toward pelvis, then drop knees out to the sides and press the soles of the feet together. Hold toes or ankles. Inhale, lifting chest and stay in position for 3-5 breaths.



Lotus Pose

Sit in Staff Pose. Bring legs into cross-legged position. Place the backs of your hands on tops of knees, with the thumbs and first fingers touching. Take 5-10 full breaths.



Squats

Legs should be wider than your shoulders, with feet turned out slightly. On exhale, bend the knees. Hold 3-5 breaths and come back up on the inhale. Repeat 3-5 times.



Best for Babes™ is the first consumer-driven, celebrity and corporate-backed 501(c)(3) nonprofit dedicated to beating the cultural and institutional barriers -- the Breastfeeding Booby Traps® -- that prevent parents from making informed feeding decisions and prevent moms from achieving their personal breastfeeding goals, whether that's 2 days, 2 months, or 2 years! Moby Wrap has partnered with Best for Babes to create a stunning wrap featuring the Best for Babes logo.

When using a Moby while breastfeeding, use your arms to support baby. After feeding, always move baby's face away from the breast and reposition baby upright.

{Top 5}

Breastfeeding Tips

Get inspired

1 Talk to a friend or relative who enjoyed breastfeeding, or read up on celebrity moms and everyday role models. Watch a mom nurse and ask questions. Know what motivates you - that special bond, fewer bottles to wash, or fewer trips to the doctor for both of you! Scope out spots to nurse so you can get out of the house. Psych yourself up. You can do it!

Hit the ground running

2 Aim for a good latch within an hour of birth and get a pro to help you; pain is not okay! Your baby is programmed to go straight from birth to the breast, both for comfort and colostrum - so weighing, tests, and relatives can wait. Snuggle up: skin-to-skin contact boosts your supply and cues baby to latch well. Demand pasteurized, screened donor milk if a supplement is medically required.

3 Prepare in advance

Treat breastfeeding like planing a wedding, or interviewing for a job. Take a class, join or create a support group and interview lactation consultants (just in case). Enroll your spouse - their support is key. Make sure your employer understands that breastfeeding equals fewer sick days, less turnover and higher employee morale. You and your baby are worth it. The benefits of breastfeeding last a lifetime!

4 Beat the "booby traps"

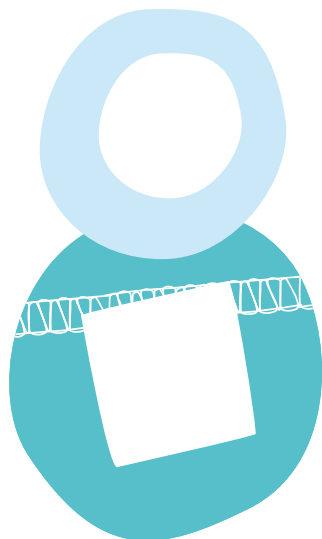
Have a game plan for any bumps along the way. Make sure your ob-gyn, hospital and pediatrician are truly breastfeeding friendly. Ask about their breastfeeding success rates! Find local resources - think expert coach and cheering squad to reach your personal best. Remind nousey bodies and naysayers that we know more now, as with seat belts and sunscreen. Remember, almost all women can breastfeed successfully, and 95% of problems are easily solved with the right help.

5 Get in the groove

Remember, the first few days and weeks are a learning curve, but like riding a bike, you'll get the hang of it soon. Keep phone numbers of your support group and top lactation consultants handy, and get help immediately if you have any pain. Ask friends and family to bring a meal or watch the baby while you nap, set small, manageable goals and acknowledge yourself.



A portion of the proceeds from the sale of this Moby will be donated to Best for Babes™



Principles of Parenting

Attachment Parenting International promotes the conditions that are vital for the optimal development of children. These are at the core of API's educational mission and are encompassed in API's Eight Principles of Parenting:

1 Prepare for Pregnancy, Birth & Parenting
Become emotionally and physically prepared for pregnancy and birth. Research available options for healthcare providers and birthing environments, and become informed about routine newborn care.

2 Feed with Love and Respect
Breastfeeding is the optimal way to satisfy an infant's nutritional and emotional needs. "Bottle nursing" adapts breastfeeding behaviors to bottle-feeding to help initiate a secure attachment. Follow the feeding cues for both infants and children, encouraging them to eat when they are hungry and stop when they are full. Offer healthy food choices and model healthy eating behavior.

3 Respond with Sensitivity
Build the foundation of trust and empathy beginning in infancy. Tune in to what your child is communicating to you, then respond consistently and appropriately. Babies cannot be expected to self-soothe; they need calm, loving, empathetic parents to help them learn to regulate their emotions. Respond sensitively to a child who is hurting or expressing strong emotion, and share in his or her joy.

4 Use Nurturing Touch
Touch meets a baby's needs for physical contact, affection, security, stimulation, and movement. Skin-to-skin contact is especially effective, such as during breastfeeding, bathing, or infant massage. Carrying or babywearing also meets this need while on the go. Hugs, snuggling, back rubs, massage, and physical play help meet this need in older children.

5 Ensure Safe Sleep, Physically & Emotionally
Babies and children have needs at night just as they do during the day, from hunger, loneliness, and fear, to feeling too hot or too cold. They rely on parents to soothe them and help them regulate their intense emotions. Sleep training techniques can have detrimental physiological and psychological effects. Safe cosleeping benefits both babies (or children) and parents.

6 Provide Consistent, Loving Care
Babies and young children have an intense need for the physical presence of a consistent, loving, responsive caregiver, ideally a parent. If it becomes necessary, choose an alternate caregiver who has formed a bond with the child and who cares for her or him in a way that strengthens the attachment relationship. Keep schedules flexible, and minimize stress and fear during short separations.

7 Practice Positive Discipline
Positive discipline helps a child develop a conscience guided by his or her own internal discipline and compassion for others. Discipline that is empathetic, loving, and respectful strengthens the connection between parent and child. Rather than reacting to behavior, discover the needs leading to the behavior. Communicate and craft solutions together while keeping everyone's dignity intact.

8 Strive for Balance in Personal & Family Life
It is easier to be emotionally responsive when you feel in balance. Create a support network, set realistic goals, put people before things, and don't be afraid to say "no." Recognize individual needs within the family and meet them to the greatest extent possible without compromising your physical and emotional health. Be creative, have fun with parenting, and take time to care for yourself.

API's Mission

Educate and support all parents in raising secure, joyful, and empathetic children in order to strengthen families and create a more compassionate world.

API Membership

API has provided almost 20 years of grassroots, global, compassionate, support to families everywhere! Help spread the word and impact the community through an API membership. API offers free membership that includes great e-newsletters and The Attached Family electronic magazine. Join today! attachmentparenting.org

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Importance of Touch

Skin-to-skin contact is used to promote parent/infant bonding, especially for premature babies. It is the practice of holding an infant dressed only in a diaper between a mother's bare breasts or on father's chest. Through contact with parents' skin, babies remain warm and experience more interaction.



The Research

Dr. Nils Bergman's comprehensive research promotes the concept of bringing the mother and baby together as almost a single entity. His studies revealed that babies have a biological need for skin-to-skin contact, and that a mother's body responds to this need.

Dr. Bergman's research concludes:

A mother's chest temperature changes to meet her baby's needs, rising if baby is cold and decreasing if baby becomes too warm. The mother's chest responds through biofeedback, doing a superior job when compared to a traditional incubator.

A baby's stress hormones, blood pressure, oxygenation, temperature and heart rate stabilize with skin-to-skin contact. These findings are changing hospital practices for the better. Babies are

more likely to be left on their mothers for at least an hour after birth in order to stabilize vital signs. This is also true before and after any invasive procedure such as drawing blood.

A baby that experiences skin-to-skin contact is more likely to breastfeed without problems. The closeness elicits maternal caregiving and protective behaviors.

Skin-to-Skin & Breastfeeding

Mothers who practice skin-to-skin care with their infants **breastfeed longer and more frequently.** Babies have better weight gain and are discharged from the hospital earlier. Mothers also report greater confidence in caring for their infants.²



Dads Too!

Fathers who practice skin-to-skin care with their babies feel an incredible bond. This is highly preferable to having dad involved by bottle feeding, which can have the adverse effect of decreasing the mother's milk supply, leading to early weaning.



Skin-to-Skin: The Overall Results

According to Dr. Sears and many other pediatric experts, skin-to-skin care and babywearing are proven to:

- Reduce Crying
- Increase Baby's Weight
- Help Prevent Colic
- Increase Baby's Overall Health
- Boost Milk Production
- Improve Baby's Sleep Time and Quality
- Lower Baby's (& Mother's) Stress Hormones¹

- There is no fabric separating the parent from the baby, so parents can practice skin-to-skin for several hours a day with ease.
- The Moby Wrap is wide enough to keep the parent covered and warm.
- This is a wonderfully rewarding way for parents and caregivers to bond with their babies!
- It may take a few tries to feel confident with the wrapping process. Read **Practice Makes Perfect** on page 40 for more helpful hints.

¹ Lawrence, Ruth and Robert Lawrence, Breastfeeding: A Guide for the Medical Profession, 1999

² Sears, William, M.D., The Attachment Parenting Book, 2001



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Soothes Fussy Babies

It is amazing how quickly a baby will settle down once wrapped in the Moby Wrap. Experts, like Dr. Sears, stress the importance of holding baby often and close. The Moby Wrap allows you to do this with ease.

Practice Makes Perfect

It may take 3-5 attempts at wrapping to feel confident with the process. Try watching yourself in the mirror while you put on your Moby Wrap. Practice with a doll or large stuffed animal. When introducing baby to the Moby Wrap, make sure baby is fed and happy.

Machine Washable

The Moby Wrap is easy to clean. Prewashing before first use is recommended. You can machine wash your wrap in cold water and air-dry or tumble dry on low. Your Moby Wrap may shrink slightly in the dryer, but will stretch out again after being worn.

Be Comfortable

The Moby Wrap design uses your entire back, as well as your shoulders, to carry the weight of baby. Unlike other carriers, which have narrow straps or go across one shoulder, the Moby Wrap is a wide piece of fabric that is wrapped over both shoulders. The absence of buckles, snaps or other fasteners makes it amazingly comfortable and easy to wear. It is simple to adjust the fit of your Moby Wrap by varying how tightly you wrap yourself.

Photos by Marty Crosley Photography



Be Secure

With the one-way stretch cotton and wide width of the Moby Wrap, baby is wrapped close and tight, ensuring a secure hold. Baby's head can also be tucked under the stretchy cotton fabric for added safety. You can go about your day in triple-wrapped security. Please refer to the safety section (pages 1-4, 10 & 19-21) for tips on keeping your child secure, as well as safety tips for each specific hold throughout the booklet.

Be Uniquely Close

There is not a lot of extra material or bulky padding between you and baby. Within the cuddly confines of the Moby Wrap, baby finds comfort in the warmth of your body and the sound of your heartbeat.

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Carry your child because...

- Helps provides an ideal environment for healthy child development.
- Close contact with parents encourages babies to feel secure and confident.
- Helps parents accomplish day-to-day activities while still being close with their baby.
- Helps fussy, tired infants fall asleep.

More information on babywearing available on mobywrap.com

