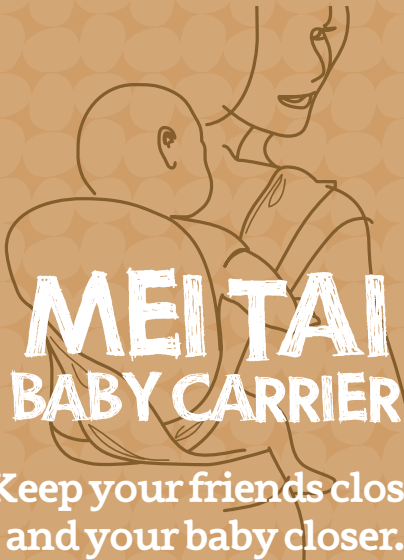




MEITAI BABY CARRIER

Keep your friends close
and your baby closer.

**SMALL
POTATOES**

COOL STUFF FOR
LITTLE TOTS

WHY WEAR YOUR BABY?

A twist on tradition

A "Mei tai" (pronounced "may tie") is a traditional Asian-style baby carrier with roots that stretch back hundreds of years. Mothers would tie their babies onto their bodies with a square or rectangle-shaped fabric with straps on all four corners.

The Small Potatoes Mei Tai Baby Carrier carries on that tradition with updated features such as padded straps and body, which offer supreme comfort, and modern fabric prints to show off your tasteful sense of style.

Get a life!

Free your hands up so you can live your life. When your baby is in the mei tai carrier you can easily cook, clean, go for a walk, or play with other children.

Versatility is key.

Your baby can be worn in a mei tai on your front or your back, from newborn through to toddlerhood.

Fussy baby? What fussy baby?

Nothing soothes a baby like walking around tucked in nice and warm next to Mom or Dad. The closeness of a parent's heartbeat is enough to sooth most fussy babies.

It's a big world out there.

Teach your baby that the world is a safe place to explore and that you are right there to love and care for her and meet her needs.

Rock the rhythm.

Carrying your baby puts you in harmony with him. He is more likely to sleep when he is comforted by you while being carried during the day.

HOW TO USE A MEI TAI CARRIER

Practice Makes Perfect

Wearing a baby is easy, but you need to practice a few times to feel really comfortable with it. Following are some simple instructions and tips on how to get the most out of your mei tai.

Some Helpful Tips:

1. Practice putting your baby into the carrier in front of a mirror. Not only does this help you to see what you are doing but your baby will likely be entertained by watching the baby in the mirror.
2. Practice when your baby is well-fed and well-rested.
3. Always make sure your baby is secure before letting go.
4. Always support your baby while bending over, and always bend at the knee, not at your waist.
6. Never use a mei tai carrier while running, riding a bike or performing other high impact exercise. Never use it in a car. It is not designed to replace any safety device required by law and will not protect your baby in any way.
7. For much more information on baby wearing and for some alternate ways to tie your mei tai, please visit www.thebabywearer.com.

THE FRONT CARRY

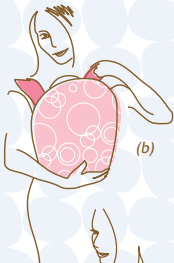
(a)



1. With the side of the carrier you want facing out against your legs, tie the waist straps (short straps) in a snug knot around your waist like an apron. *(fig. a)*

Hold your baby next to your chest with legs straddling your sides. Try this sitting down until you get the hang of it.

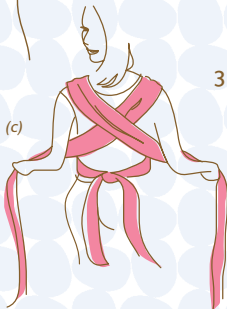
(b)



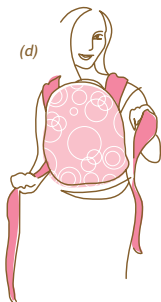
2. With one hand, pull the carrier up between baby's legs and over the back, while supporting baby with the other hand. Drape the shoulder straps (long straps) over your shoulders. *(fig. b)*

While holding your baby with one hand use your other hand to cross the straps across your back, making sure they are not folded or twisted.

(c)



3. Pull the straps tight with both hands so that baby is secure and comfortable. Make sure to keep the straps tight, as they are supporting the weight of your baby. *(fig. c)*



4. Do a little bounce to make sure baby is nestled down deep into the bottom of the carrier. Bring both straps to the front of your body. (fig. d)
5. Tie the straps in a tight knot under baby's bottom (for newborns, see below). The top can be worn up for extra support or folded down. (fig. e)

THE FRONT CARRY - NEWBORN VARIATION

For newborns with no neck support, follow the Front Carry instructions with these modifications:



1. Hold your baby against your chest with legs tucked in "froggy style".
2. When you pull the body of the carrier up over baby's back it will likely go over baby's head but that's okay, it will offer additional support to baby's head. Make sure baby's head is facing sideways.
3. When you tie the shoulder straps at the front, tie them around the middle of baby's back. This is very important in order to keep baby secure.

(fig. e)

TIP: Baby should be worn high up on your chest.



THE BACK CARRY

Best for babies with adequate neck and back strength (about 4-6 months) and through to toddlerhood.

1. With the side of the carrier you want facing out against your behind, tie the waist straps (short straps) in a snug knot around your waist like an apron. *(fig. a)*

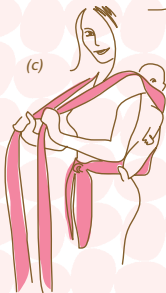
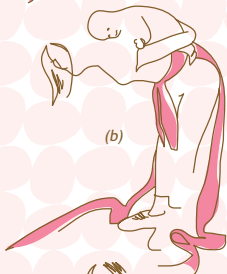
2. Hold your baby on your hip and very carefully slide baby onto your back while leaning forward. Support baby at all times.

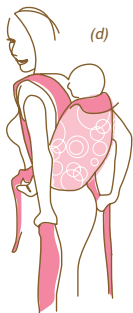
While leaning forward, flat like a table, baby's legs should straddle your sides. While holding your baby with one hand, reach back and pull the body of the carrier up over baby's back.

(fig. b)

3. Making sure baby is centered on your back, pull the shoulder straps tight over your shoulders and slowly stand up. Your baby's weight is being supported by the straps so hold tight. *(fig. c)*

4. Do a little bounce to make sure baby is seated fully in the carrier. Straps can either





be criss-crossed over your chest or pulled under your arms like back pack straps. *(fig. d)*

5. Cross straps securely under baby's bum or across the middle of baby's back. *(fig. e)*

Bring the straps to your front and tie across your middle. Always make sure the knots are secure and snug, and retie if necessary. If your baby starts to slump down you do not have the straps pulled tight enough.

TIP: If you don't want the loose ends of the straps hanging down, tuck them in.



BACK CARRY - VARIATION USING A COUCH

1. Spread the carrier out on a couch with shoulder straps draped over the back of the couch. Sit your baby on it and sit in front of him or her.
2. Bring the waist straps in front of you and tie them securely around your waist with baby's legs on top of the straps. Take hold of the shoulder straps to bring the carrier up and over your child and your shoulders. Straighten straps over your shoulders.
2. Stand up and follow steps 5 through 8 above.

OTHER INFO

Comfort

Small Potatoes mei tai baby carriers are individually handmade (with love!) of premium designer fabric. You can choose which side you want to wear facing out – every mei tai baby carrier is completely reversible. The fabric is pre-washed and will not shrink. Made of 100% cotton.

Washing

Hey, spit-ups happen! (And that might be the least of your problems.) Machine wash your mei tai baby carrier in cold water with like colours, preferably in a mesh garment bag so the straps don't tangle. Do not bleach. Tumble dry. Iron if needed.

Disclaimer

You are ultimately responsible for using care and caution when using your Small Potatoes mei tai baby carrier. Please be sure to use common sense. For example, do not cook or handle anything dangerous within your baby's reach. And always be sure your baby is secure. Also, check the seams from time to time to make sure they are holding up well and inspect your carrier for tears. Responsibility for the safety of your baby is held by you or by the wearer of the mei tai baby carrier, not by Small Potatoes.