



## **Infant Insert Instruction Manual**

The Infant Insert is specially designed to provide the proper head and neck support, as well as seating position for your baby during the first crucial months of your baby's development. The extra padding that the Infant Insert provides allows the developing infant to sit in a straightened position. The Infant Insert Block ensures that your child is sitting at the right height in the baby carrier and also alleviates pressure from the baby's developing sacrum. The foldable flaps at the top of the Infant Insert provide the proper head and neck support for your baby.

### **General Guidelines for using the Infant Insert:**

1. The Infant Insert must be used with the Pognae Baby Carrier for babies from newborn to 4 to 6 months of age and weighing between 7lb and 12lbs. You should not use the Pognae Baby Carrier and Infant Insert for babies under 7lb. When your baby is capable of supporting his/her own head for extended periods of time, than you longer need to use the Infant Insert. Since babies grow and develop at different rates, you must monitor your baby's development to decide whether he/she is able to sit in the Pognae Baby Carrier without the Infant Insert.
2. Use the Infant Insert Block with your Infant Insert for babies from newborn to 4 to 6 months of age to make sure that your baby is sitting at the right height in the Pognae Baby Carrier. The Infant Insert Block can be used separately from the Infant Insert if your baby no longer needs the head and neck support, but still does not sit at the right height in the carrier.
3. Always make sure your baby has enough breathing room while sitting in the carrier with the Infant Insert. Your baby should sit high enough in the carrier so that he/she has adequate breathing room; there should be at least two inches of breathing room underneath your baby's chin. It is important that your baby is not sitting too closely to your body as that will obstruct your child's airway.
4. When putting on your baby carrier with the Infant Insert the first few times, we recommend that you have someone assist you until you get more comfortable with the process. Also, we recommend you stand or sit on a soft surface (bed or sofa) when putting on the baby carrier with the Infant Insert the first few times.
5. The Infant Insert should only be used in the front carry position.
6. Never unbuckle the waist belt when your baby is in the baby carrier.

### **Washing Instructions for Infant Insert**

Wash on gentle/delicate in cold water with a mild detergent. Do not use bleach. Hang dry or tumble dry on low heat.

**Infant Insert Diagram**



**Instructions for putting on your baby with Infant Insert in the front carry position:**

1. Lay the Infant Insert on a flat surface and place your baby in the center so that its bottom is sitting just above the Infant Insert Block. Raise the bottom flap of the Infant Insert in between your baby's legs and snap in the bottom flap into the buttons located on each side of the Infant Insert.
2. Fasten the waist buckle securely, making sure to weave the buckle through the safety elastic band, and allow the carrier to hang down in the front. Make sure to hear for the "clicking" sound to ensure that the Buckle is securely in place.
3. Lift the Infant Insert with your baby to your chest making sure to support the neck and back and seat the bottom of the Infant Insert Block around the waist belt.
4. While supporting your baby in the Infant Insert with your right hand, reach for the left shoulder strap with your left hand and place it on your shoulder.
5. Swap hands to support your baby and place the other shoulder strap on your shoulder.
6. Make sure that the Infant Insert is centered and sitting down in the baby carrier.
7. With both shoulder straps on your shoulder, reach behind your upper back and connect the chest strap, making sure to hear the "clicking" sound to ensure the strap is secured.
8. With one hand supporting your baby, slightly tighten one shoulder strap by pulling down on the shoulder buckle strap. Switch hands and tighten the other strap, making sure not to tighten the straps too much. You want to leave some room for adjusting the position of the Infant Insert.
9. It is very important that your baby does not slouch while sitting in the carrier with the Infant Insert. With both shoulder straps slightly tightened, place both hands behind the Infant Insert where your baby's lower back would be and carefully pull the baby closer towards you. With one hand supporting the Infant Insert, tighten the straps so that the Infant Insert is more secure against your body. Make sure not to tighten the straps too much. You must leave enough breathing room for your baby.
10. You can also fold the Foldable Flaps inwards to provide more head support for your baby.