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sollybaby

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# *Hello!*

Congratulations! By choosing a Solly Baby Wrap to carry your babe, you'll enjoy unparalleled comfort, the convenience of hands-free wearing, and a closeness with your little one that babywearing cultures around the world have enjoyed for centuries.

Each Solly Wrap is made with you and your baby in mind and crafted to the highest standard. From choosing sustainably-sourced yarns to knit our luxuriously soft TENCEL™ Modal to designing simple-yet-beautiful collections inspired by the essence of motherhood, every detail has been carefully chosen to provide the most memorable and meaningful babywearing experience.

This guidebook includes wearing instructions, as well as safety and care notes. You can find additional information and step-by-step video tutorials on our website. For specific questions, a complimentary fit check, or to schedule a virtual consult, please email our babywearing educator at [advice@sollybaby.com](mailto:advice@sollybaby.com). We're always here to help.

Here's to a happy baby, free hands and full heart.

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Your Solly Family

# Quick Start Guide

Follow the Basic Tie instructions on the following page or on our website and then place baby in the Classic Carry with the optional Newborn Carry Adaptation.

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## ○ R — READY TO WEAR

The Solly comes ready to wear right out of the box! Follow the care instructions on the FAQ page if you prefer to wash before baby arrives.

## ○ E — EXPECTING

There is no need to wait until your baby's arrival to test drive your Solly. If you are expecting whether pregnant or preparing to foster or adopt give your Solly a whirl.

## ○ P — PRACTICE

Get comfortable with your Solly. Practice makes perfect and wrapping a stuffed animal or doll will build confidence for wrapping baby. Practicing in front of a mirror is a great tool as well.

## ○ S — STORAGE

When you're done using your wrap you can store it in the self enclosing pocket. Feel free to store and go - the fabric will unwrinkle each time you put it on.

If you have any questions email our babywearing educator anytime at [advice@sollybaby.com](mailto:advice@sollybaby.com). We're always here to help!





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# *Basic Tie*

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The tag is your starting point. Place that right above your midsection. The higher the tag, the higher your baby will be.



Take each end and cross it over the opposite shoulder.



Gather ends and push them through the tag section. Pull down straps until almost taut. This determines how secure your baby will be in the wrap.

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Simply tie on the wrap using this Basic Tie and then use the carrying style instructions on the following pages that correspond with your baby's age.

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Cross straps, creating an X on the front. This X will determine baby's height on your body. The more the shoulder straps are spread out, the more your baby's weight will be distributed across your body.



Cross back and forth around your waist until you're ready to tie.



Make a double knot anywhere around your waist.

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# *Classic Carry*

NEWBORN +

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Pull strap closest to you out first. Slide baby's leg through strap leaving it at the back of baby's knee.



Slide baby's other leg through opposite strap leaving it at the back of baby's knee. Allow baby's hips to settle into the spread squat or seated position.



Spread the strap closest to you and baby first covering baby from knee to knee and shoulder to shoulder. Repeat by spreading the outside strap from knee to knee and shoulder to shoulder. Baby should be sitting in the middle of these cross straps.

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Classic Carry (legs out) is suitable from birth. Baby should be in the spread squat position with baby's hips at or below the height of their knees. The Newborn Carry Adaptation is another option for up to 3 months of age depending on baby's cues. Some babies may prefer one or the other.

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Place baby's feet through the midsection.



Spread the mid section up over baby's back to the nape of the neck. Do not pull directly on the tag itself, which may cause rips or holes but instead use both hands to pull up all portions of the middle section.



You can spread the shoulder straps out and away from your neck and may use one shoulder strap for added head and neck support over the back of baby's head. Baby should be well supported upright tummy to tummy with the wearer in the spread squat position. You should be able to tilt your chin and kiss baby's head.



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# *Newborn Carry*

0 - 3 MONTHS

Classic Carry (legs out) is suitable from birth. Baby should be in the spread squat position with baby's hips at or below the height of their knees. The Newborn Carry Adaptation is another option for up to 3 months of age depending on baby's cues. For the Newborn Carry Adaptation simply pull the bottom edge of the midsection down over baby's legs and feet. Some babies may prefer one or the other.

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# ⚠ WARNING

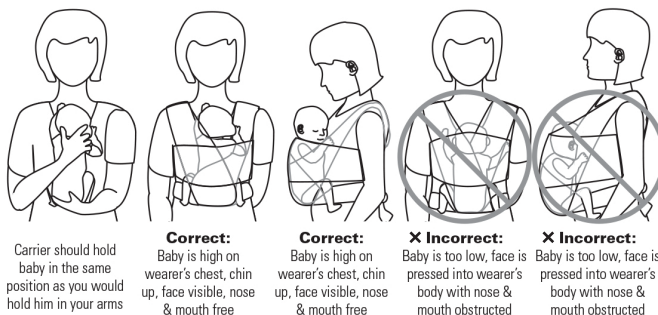
FAILURE TO FOLLOW THESE WARNINGS AND THE MANUFACTURER'S INSTRUCTIONS CAN RESULT IN DEATH OR SERIOUS INJURY. ONLY USE THIS CARRIER WITH CHILDREN WEIGHING BETWEEN 8 AND 25 POUNDS.

## SUFFOCATION HAZARD

- BABIES YOUNGER THAN 4 MONTHS CAN SUFFOCATE IN THIS PRODUCT IF FACE IS PRESSED TIGHTLY AGAINST YOUR BODY. BABIES AT GREATEST RISK OF SUFFOCATION INCLUDE THOSE BORN PREMATURELY AND THOSE WITH RESPIRATORY PROBLEMS.
- CHECK OFTEN TO MAKE SURE BABY'S FACE IS UNCOVERED, CLEARLY VISIBLE, AND AWAY FROM THE CAREGIVER'S BODY AT ALL TIMES.
- MAKE SURE BABY DOES NOT CURL INTO A POSITION WITH THE CHIN RESTING ON OR NEAR BABY'S CHEST. THIS POSITION CAN INTERFERE WITH BREATHING, EVEN WHEN NOTHING IS COVERING THE NOSE OR MOUTH.
- IF YOU NURSE YOUR BABY IN CARRIER, ALWAYS REPOSITION AFTER FEEDING SO BABY'S FACE IS NOT PRESSED AGAINST YOUR BODY.
- NEVER USE THIS CARRIER WITH BABIES SMALLER THAN 8 POUNDS WITHOUT SEEKING THE ADVICE OF A HEALTHCARE PROFESSIONAL.

## FALL HAZARD

- LEANING, BENDING OVER, OR TRIPPING CAN CAUSE BABY TO FALL. KEEP ONE HAND ON BABY WHILE MOVING.





## **ADDITIONAL WARNINGS**

- READ AND FOLLOW ALL PRINTED INSTRUCTIONS AND VIEW INSTRUCTIONAL VIDEOS BEFORE USE.
- CHECK FOR RIPPED SEAMS, TORN STRAPS OR FABRIC AND DAMAGED HARDWARE BEFORE EACH USE. IF FOUND, STOP USING CARRIER.
- ALWAYS CHECK TO ENSURE THAT ALL KNOTS, BUCKLES, SNAPS, STRAPS, AND ADJUSTMENTS ARE SECURE.
- ENSURE THAT THE BABY IS SAFELY POSITIONED IN THE CARRIER ACCORDING TO MANUFACTURER'S INSTRUCTIONS FOR USE.
- NEVER LEAVE A BABY IN A SLING CARRIER THAT IS NOT BEING WORN.
- CHECK ON THE BABY OFTEN. ENSURE THAT THE BABY IS PERIODICALLY REPOSITIONED.
- NEVER USE A SLING CARRIER WHEN BALANCE OR MOBILITY IS IMPAIRED BECAUSE OF EXERCISE, DROWSINESS, OR MEDICAL CONDITIONS.
- NEVER USE/WEAR MORE THAN ONE CARRIER AT A TIME.
- NEVER USE A SLING CARRIER WHILE ENGAGING IN ACTIVITIES SUCH AS COOKING AND CLEANING, WHICH INVOLVE A HEAT SOURCE OR EXPOSURE TO CHEMICALS.
- NEVER WEAR SLING CARRIER WHILE DRIVING OR BEING A PASSENGER IN A MOTOR VEHICLE.
- NEVER PLACE MORE THAN ONE BABY IN THE SLING CARRIER.
- FOR BABIES WITH COMPLICATIONS AT OR FOLLOWING BIRTH, SEEK THE ADVICE OF A HEALTHCARE PROFESSIONAL PRIOR TO WEARING.

WE ARE HERE TO MAKE SURE YOUR BABYWEARING EXPERIENCE IS EVERY BIT AS SWEET AS IT SHOULD BE, ALL THE WAY THROUGH THE FIRST YEAR OF YOUR LITTLE ONE'S LIFE AND BEYOND. PLEASE FEEL FREE TO EMAIL US AT [ADVICE@SOLLYBABY.COM](mailto:ADVICE@SOLLYBABY.COM) WITH ANY QUESTIONS OR CONCERNS AND WE'LL HAVE OUR CERTIFIED BABYWEARING EDUCATOR RESPOND TO YOU DIRECTLY! HAPPY SAFE BABYWEARING!



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# *T.I.C.K.S.*

## CHECKLIST FOR SAFE BABYWEARING

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○ T — TIGHT

Your carrier should be tight enough to hug your baby close to you as this will be most comfortable for you both.

○ I — IN VIEW AT ALL TIMES

You should always be able to see baby's face by simply glancing down.

○ C — CLOSE ENOUGH TO KISS

Your baby's head should be as close to your chin as comfortable. By tipping your head forward you should be able to kiss your baby on the head or forehead.

○ K — KEEP CHIN OFF THE CHEST

A baby never should be curled so their chin is forced onto their chest as this can restrict their breathing.

○ S — SUPPORTED BACK

In an upright carry a baby should be held comfortably close to the wearer so their back is supported in its natural position and their tummy and chest are against you.

# *Taking Baby Out*

There are a few ways to take your baby out, the most common is rather than reaching for and untying your double knot simply reverse the carry. While continuing to support baby peel down the midsection to the backs of baby's knees, followed by the outside cross pass and the inside cross pass. From here you can lift baby out of the wrap or slide your hand under the shoulder strap slipping it off of your shoulder on each side completely freeing baby of the wrap. The second option is ideal for transferring a sleeping baby.









# *Nursing in your Solly*

There are a few factors to consider prior to nursing in your Solly or any carrier or wrap. It is recommended to first establish your nursing relationship with baby and your wrapping skills separately before combining the two. Baby should have head and neck control before attempting to nurse in your wrap.

To nurse in your Solly loosen your double knot, give yourself some slack and retie your double knot. Work the slack through your carrier until you can lower baby just enough to reach your breast. Do not at any point cover baby's face. Baby's face should be visible and unobstructed. Note that you will still need to support your baby's head while nursing. You must adjust baby and re-tighten your carrier once baby has unlatched so baby can again rest on your chest above your breasts. To re-tighten, shift baby back above your breasts, work that slack back through the carrier to the knot and retie your double knot.

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- If baby doesn't feel as secure as the original wrap job you may need to take baby out and retie the carrier.
  - Baby should remain upright tummy to tummy and well supported the entire time.
  - Do not use the Solly to wear or nurse in the cradle carry (with baby in a horizontal position).
  - If baby falls asleep while nursing you still need to readjust and bring baby back up above the breasts and tighten.

# *Troubleshooting*

**Why does my baby become loose or begin to sink while in the wrap?** Baby should stay high and tight in your Solly. If baby seems to be slipping there may be slack in your wrap when tying it on. Try tying it on tighter and keeping the wrap equally snug as you do so. Keeping all portions of the wrap equally snug is key. No part of the wrap should be hanging loose or floppy. If you pull the shoulder straps away from your chest there should be just enough room for baby to fit in.

**Baby doesn't seem to like the wrap, cries, pushes against me what can I do?** Some babies are not accustomed to being wrapped, especially older babies, but after the first few times and a little bit of practice it's sure to become your baby's favorite place. Here are a few suggestions for an easy transition to hurry things along:

- Before placing baby in your Solly be sure they are well fed and changed.
- Bouncing and shushing especially in the fresh air can be calming for baby.
- If you can catch baby in their quiet alert stage this is an ideal time to practice wrapping.
- In the first few months it can be common for baby to fuss and push against the wearer's chest. This is baby working on those upper back, neck and arm muscles and practicing for pushing up and rolling over. This is a normal developmental stage and is typically a phase.

**How soon can I wear baby following a c-section?** Take it slow. Some wearers can wear baby two days following a c-section and some it takes a month or more. Listen to your body and start with short stints of wearing or wear baby for skin to skin while seated. Each person's healing time and reaction to surgery is so different it is hard to put blanket recommended guidelines on wearing following a c section. Because baby should be wrapped high and tight, the wrap and where you tie your double knot should not come near your incision site. This is what is so great about the Solly. Carriers such as soft structured buckle carriers cannot be used until much later following a c-section as the waistband falls at or near the incision site.



## COMMONLY ASKED QUESTIONS

**I have back, neck, or shoulder discomfort while wearing or following wearing - What am I doing wrong?** Your wrap should be the most comfortable place for you and your baby to be. If you're experiencing any discomfort please email our babywearing educator at [advice@sollybaby.com](mailto:advice@sollybaby.com) so she can personally advise you. In the meantime consider some of the adjustments below:

- The X on your back should not be up near the base of your neck but lower between your shoulder blades. Lowering this 'X' by bringing those shoulder straps more to the center of your shoulder will feel better especially as baby gets bigger. Before tucking those shoulder passes through the midsection take each shoulder pass in hand, lift them off of your shoulders and pull them more out to a diagonal to the edge of your shoulders. This will lower the 'X' on your back.
- All passes should be well spread and flat over you and baby. It should appear as if the two of you are wearing a fitted t-shirt from both the front and back. If you are unable to spread out the passes you may have gotten your wrap twisted. Keeping the wrap flat as you wrap it onto your body is key.
- If baby is too low this can cause discomfort for the wearer as well. Baby should be high and tight and close enough to easily tilt your chin down and kiss babies head.
- Remember to stand tall, pull your shoulders back and engage your core. This can take conscious effort especially for a newly postpartum wearer.
- If you have a prior back issue or injury this does not mean you will not be able to wear your wrap comfortably it just means we may have to make some more specific adjustments.

**How do I prevent the shoulder strap from covering baby's face?** Baby's face and airway should be visible and unobstructed. If the shoulder strap is covering any part of baby's face take the inside edge of the shoulder strap, near your ear, and fold it out and away from your neck over your shoulder.

# FAQ

**What makes our wraps so special?** Created by mama of four, Elle Rowley, no detail has been overlooked. Our fabrics are custom made and dyed, using only the finest knit fabrics available with the perfect stretch. Our wraps are lighter and slimmer than any traditional wrap to avoid overheating you or your baby, making it ideal for year-round use.

**What are our wraps made from?** Our certified TENCEL™ Modal is a luxuriously silky soft, sustainable knit made from Austrian beechwood trees and manufactured in Los Angeles. It is incredibly lightweight, cool to the touch and only gets softer over time.

**When can I start using my wrap and up to what age can my baby be worn in a Solly Baby wrap?** We recommend going from womb to wrap as Solly Baby Wraps are the most womb-like environment your baby could be in post-birth. They are recommended for even the smallest babies as you'll get a custom-fit every time you wear it. Although wearers of babies under 8 lbs need to take extra care to keep air passage ways clear, they are ideal for mothers who have been instructed to implement Kangaroo Care. Our wraps are designed for the first year of a child's life or up to 25 lbs. Most wrap wearers will get the most use out of it in the first 9-12 months.

**Can I wear my baby facing forward or on my back?** Nope. It puts too much pressure on baby's spine and joints and increases the risk of baby falling out of the wrap. It also puts extra pressure on the wearer's back as well from the angle of your baby's body. Although our wraps have no added stretch, they are still considered stretchy wraps. Therefore, we advise against back carrying.

**Can I wear twins in the Solly?** Because of its thin, soft and lightweight design the Solly is recommended for one baby at a time. This is a great way to keep one baby close, with proper positioning, while tending to the other (changing, feeding etc). The Solly is not recommended for wearing two babies at once even when babies are tiny. As babies get older (typically around 6 months when sitting unassisted) you can wear one baby on front in the Solly and the second baby on your back in another carrier such as a soft structured buckle carrier or woven wrap. Having two Solly Baby wraps so you and another caregiver can each wear a baby is an option as well and especially useful when out and about.

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## CARE INSTRUCTIONS

Wash your Solly on cold, delicate cycle and then tumble dry low. This will all help maintain the durability and strength of the wrap. We recommend wraps are not washed with other clothes or baby clothes containing snaps, buttons, velcro or zippers as this may lead to holes.

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## TUTORIALS

To watch our video tutorials, go to [sollybaby.com](https://sollybaby.com) and click on Tutorials.

- ☐ Newborn Carry
- ☐ Classic Carry
- ☐ Quickstart
- ☐ Taking Baby Out
- ☐ Tips for Older Babies



[sollybaby.com](http://sollybaby.com)

QUESTIONS

Email us at [info@sollybaby.com](mailto:info@sollybaby.com)

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GET PERSONALIZED TIPS

From our babywearing educator  
at [advice@sollybaby.com](mailto:advice@sollybaby.com)

Made in the USA with imported yarns