

IMPORTANT!
KEEP FOR FUTURE
REFERENCE

Instructions & Safety Guidelines



sleepynico

WARNING

- a. your balance may be adversely affected by your movement and that of your child;
- b. take care when bending or leaning forward;
- c. this carrier is not suitable for use during sporting activities

The design and construction of the **Sleepy Nico Carrier** conform to BS EN 13209-2:2005

Instructions suitable for the **Sleepy Nico Toddler Carrier**



MINIMUM AND MAXIMUM WEIGHTS

6.8kg - 20kg for the **Sleepy Nico Toddler Carrier**

CARE INSTRUCTIONS

Machine wash using gentle cycle at 30°C and mild detergent. Don't tumble dry. Dry hanging up in a well ventilated room. Don't use bleach.

Spot cleaning with warm soapy water is preferred. Only machine wash when necessary. Iron on reverse.



toddler carriers
with character

Safety Guidelines

Successful Toddler Carrying

Use a mirror

Try putting the *Sleepy Nico Carrier* on in front of a mirror while you get used to it.

Experiment

We find that most people prefer buckling the waist support around the hips – but if you are tall you might find it more comfortable placed around your waist. Experiment!

Study the instructions

Carefully study all the instructions before you start.

Practice makes perfect

Don't get discouraged if it doesn't go smoothly from the start. Give it a few more times. Be patient.

Communicate

Talk to your child whilst putting them in, they are big enough now to want to be helpful. Let them know what you are doing and ask them for their help, for example "please could you put your arms under the straps" or "hold on to mummy/daddy"

Do

- ✓ Always **check the carrier** before each use for any loose stitching, tearing, etc.
- ✓ Let **somebody help you** for the first few times while you and your toddler are getting used to the carrier.
- ✓ Practice putting your toddler in the carrier **over a soft surface**, such as a sofa, bed or thick blanket on the floor.
- ✓ Check that you have **buckled up the waist support belt** properly by pulling at the webbing on both sides of the buckle in opposite directions, before you attempt putting your toddler in.
- ✓ Have **one or both hands on the toddler** at all time while putting on the *Sleepy Nico Carrier*.
- ✓ **Check** that the body of the *Sleepy Nico Carrier* reaches at least your toddler's armpits.
- ✓ **Take care** when bending and leaning forward. It's better to squat than bend down.
- ✓ Listen to your instincts and use common sense, **don't do anything that you think might be unsafe**.

Don't

- ✗ **Don't** undo the waist buckle before taking your toddler out of the carrier first.
- ✗ **Don't** drink anything hot or cook with your toddler in the front carrying position. This can be done in the back carrying position, but only with due care.
- ✗ **Don't** have your toddler in the *Sleepy Nico Carrier* when using a bicycle or car or while engaging in any sporting activity.
- ✗ The *Sleepy Nico Carrier* is **not** intended for carrying your toddler in the facing out position.
- ✗ It is **not recommended** that you use the *Sleepy Nico Carrier* if you have any health issues that might interfere with the safe use of the carrier e.g. spinal problems, pain in your back and /or legs, problems with balance, dizziness, etc.
- ✗ **Never** use the *Sleepy Nico Carrier* when under the influence of alcohol or drugs as your reactions and balance will be impaired.
- ✓ **Carefully study all the instructions before you start.**

We wish you safe and successful babywearing 😊

Tightening and loosening the straps

To tighten a strap, pull the webbing in the direction it is coming from. This will avoid any twisting.



To loosen a strap, lift the plastic ladder lock or buckle.



Step 1

Buckle the carrier around your waist so the panel is covering your bottom. Make sure the shoulder straps are buckled up too.



Step 2

Hold your toddler on your hip with legs either side of you. You can also start on the other hip. Here we are using the left hip and the following steps will be consistent with this.



Step 3

Hold your baby with your right arm whilst your left arm does a front crawling.




sleepynico
back carry

Step 4

Once you have a good hold of your toddler with your left arm, bring your right arm around to support your toddler by the bottom and the thighs. Start shifting your toddler to your back using your arm for the weight to rest on.



Step 5

With your toddler at the same height as the top of the waist belt, start bringing the panel up whilst keeping your toddler secure at all time.



Step 6

Put your arm through the pre-buckled shoulder strap.



Step 7

Repeat on the other side.



Step 8

With a hand still on your toddler, tighten the shoulder straps. Make sure that you have buckled it with the male buckle going through the safety elastic and remember to pull towards where the webbing comes from.



Step 9

You can add the chest strap if you feel the straps are slipping off your shoulders. Click the buckle and adjust the tightening.



**All
done!**

If you find that the panel does not reach high enough, there might be some panel hidden under your toddler's bottom and you may need to pull it upwards. You might find it easier if you first loosen the straps slightly.



If you want to put the hood up, thread the velcro through the strap holder and velcro it back on. Make sure not to compromise airflow.

Step 1

Loosen the chest strap and undo the buckle.



Step 2

With a hand securing your toddler, remove one shoulder strap.



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Down from the
back carry



Step 3

With the free arm, support your toddler whilst you take the other strap off.

Step 4

Supporting your child at all time, lower yourself so that your toddler can step on the ground. Alternatively, you could do the reverse of previous steps 1 to 4.



Step 1

If you have been using your Sleepy Nico with straight straps, you will need to un-buckle the straps and unthread them through the safety elastic.



Step 2

Lengthen the straps by lifting the buckle.



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Front carry with
crossed straps

Step 3

Re-buckle the straps whilst crossing them. Make sure to thread through the safety elastic.

Step 4

Repeat on the other side.

Step 5

Holding onto the sides of the cross, put the straps on as if it was a T-shirt.

Step 6

Assess the size before getting your toddler into the carrier.



Step 1

If you have been using your Sleepy Nico with straight straps, you will need to un-buckle the straps and unthread them through the safety elastic.



Step 2

Whilst supporting your toddler, bring the panel up to cover your toddler's back and get your arm through the shoulder strap. Repeat on the other side.



Step 3

Check that your toddler is all the way down next to the belt, in the position you want to support. If there is a gap, you can gently pull onto the carrier to bring more apron up.



Front carry with straight straps



Step 4

Reaching behind your back, get hold of the chest straps and buckle them together. Adjust the tightening so the straps stay flat on your shoulders.

Step 5

Adjust the straps by pulling towards your front.

If you want to put the hood up, thread the velcro through the strap holder and velcro it back on. Make sure not to compromise airflow.



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