

IMPORTANT!
KEEP FOR FUTURE
REFERENCE

Instructions & Safety Guidelines



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 Baby Carrier** and the **Sleepy Nico Toddler Carrier**



MINIMUM AND MAXIMUM WEIGHTS

3.5kg – 15kg for the **Sleepy Nico Baby 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.



baby carriers
with character

Safety Guidelines

Successful Babywearing

Feed Baby

Make sure your baby is fed, warm and comfortable before you try to put him/her in the carrier.

Use a mirror

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

Move around gently

If your baby is not being very cooperative try gently rocking from side to side while putting him/her in the carrier. Once your baby is in, promptly start walking around.

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!

Practice makes perfect

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

Study the instructions

Carefully study all the instructions before you start.

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 baby are getting used to the carrier.
- ✓ Practice putting your baby 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 baby in.
- ✓ Have **one or both hands on the baby** at all time while putting on the *Sleepy Nico Carrier*.
- ✓ **Check** that the body of the *Sleepy Nico Carrier* reaches at least your baby'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 baby out of the carrier first.
- ✗ **Don't** drink anything hot or cook with your baby in the front carrying position. This can be done in the back carrying position, but only with due care.
- ✗ **Don't** have your baby 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 baby 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 😊

Step 1

Buckle the carrier around your waist so it hangs down centrally on your front. Tighten the waist webbing.



Step 2

Take your baby and hold him on your chest, facing you. While supporting your baby, gently position his legs as if 'wrapping' around your waist.



Step 3

While supporting your baby, lift the front panel by its sides, making sure that the baby is sitting right in the base of the body of the carrier.




sleepynico
...on your front

Step 4

Place straps over your shoulders one at a time.



Step 5

Pull at the top of the panel and slightly bounce to ensure the baby is sitting snugly and comfortably in the base of the carrier.



Step 6

Buckle the back strap on your back. Adjust the length of the chest/back strap by pulling the webbing sideways.

Step 7

Experiment with the length of the shoulder straps to find your perfect fit by pulling the webbing up (as a guide for the right position, the baby's head should be close enough to kiss). To release the webbing, push the male buckle up away from the webbing.



Step 8

When the baby is asleep in the carrier use the hood to support his head. Simply place the velcro straps from the hood on top of those on the straps.



Step 1

Buckle the carrier around your waist with outer panel facing outwards.



Step 2

Hold your baby on your right hip (if left-handed start with left hip and follow the same steps).



Step 3

Reach with your left arm as far as you can to hold the baby on your hip, preparing to transfer him over your hip onto your back with your right arm.



Step 4

Extend your right arm and bring it over your baby's back.




sleepynico
...on your back

Step 5

Lean forward slightly and push your baby onto your back using your right arm while supporting him by his thigh with your left hand.



Step 6

Push your baby higher up holding him by his bottom with both hands (so he is level with the waist support).



Step 7

Gently spread your baby's legs and start lifting the base of the panel, wrapping it over your baby's bottom.



Step 8

Put on the right strap. Tighten the side webbing.



Step 9

Put on the left strap. Tighten the side webbing.



Step 10

Put on the left strap.
Tighten the side webbing.



Step 11

Buckle and tighten the
chest strap.



All done!

Step 12

When the baby is asleep
hold and lift both hood
straps at the same time and
secure them with the velcro.



Step 1

With the carrier hanging on your front loosen the webbing on both straps.



Step 2

Shift the carrier onto your right hip (if you are left handed start with the left hip and follow the same steps).



Step 3

Hold your baby on your right hip over the panel.



Step 4

Start lifting the panel from it's base, snugly wrapping it over your baby's bottom.



Step 5

Fully cover the baby with the panel and take both straps in your right hand.



Step 6

Start gradually shifting your baby in the panel over your right hip onto your back until he is seated centrally on your back.

Step 7

Separate the straps and take them into left and right hand respectively. Hold them and pull over your shoulders.



Step 8

Put on the right strap and tighten the webbing.



Step 9

Put on the left strap and tighten the webbing.



Step 10

Buckle and tighten the chest strap.



All done!

Step 11

When the baby is asleep hold and lift both hood straps at the same time and secure them onto the velcro on the straps.



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with character



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