

TULA CARRIER INSTRUCTIONS

FRONT CARRY



1. Secure the waist belt by fastening the buckle. The male buckle should be fed under the elastic on the waist belt and into the female buckle until it clicks. Tighten the waist belt by pulling on the adjustable strap. The carrier's panel should be centered on your body.
2. Hold your child so that he can wrap his legs around your waist.
3. Use one hand to support the child while using the other to lift the panel up behind the child's back.
4. While supporting the child with one arm, slip the other arm into the strap.
5. Now, slip the other arm into the other strap. Make sure your child's bottom is deep in the panel just above the waist belt.
6. Buckle the chest belt behind your shoulders to secure your child in the carrier.
7. Adjust the carrier so that your child is comfortable and close to your body by pulling on the adjustable straps for a snug fit.

BACK CARRY



1. Secure the waist belt by fastening the buckle. The male buckle should be fed under the elastic on the waist belt and into the female buckle until it clicks. Tighten the waist belt by pulling on the adjustable strap. The carrier's panel should be centered on your body. Slip the strap over one arm.
2. Place your child on your hip. Use the arm that is free from the strap to rotate your child from the hip position into the carrier while using the arm in the strap to secure your child (please have someone assist you until you feel comfortable to perform this step on your own).
3. Lean forward slightly so that your child is resting his weight on your back while your child is rotating from the hip position, and keep his weight secured by your other arm.
4. Pull the panel up with your free arm and slip your free arm through the second strap as though you were putting on a backpack strap, maintaining a slight forward lean to help control baby's weight.
5. Make sure your child's bottom is deep in the panel just above the waist belt by pulling the top of the panel upward via the straps while gently bouncing the child into the carrier panel.
6. Pull the adjustable straps for a snug and secure fit.

INFANT INSERT INSTRUCTIONS

1. Lay the infant insert on a safe, flat surface. Lay your baby on the insert. Make sure that the insert is aligned with baby's neck to provide neck support. Lift the harness belt up through in between your baby's legs.
2. Secure the hook and loop closure on each strap to the bottom and back of the insert (there should be three parts of the harness that are secured).
3. The insert should cover baby's stomach and it should reach somewhere at or around the belly button.
4. Secure the waist belt by fastening the buckle. Tighten the waist belt by pulling on the adjustable strap. The carrier's body panel should be centered to your body.
5. Lift your baby, along with the insert.
6. Bring your baby in the insert to your chest and hold it close and high enough, where you are able to kiss your baby's head.
7. While holding your baby with one hand, use your other hand to lift up the Tula body panel over the baby and insert.
8. Still holding your baby with one hand, use your free hand to put the shoulder strap on your arm.
9. Alternate hands and hold baby with other hand while using your free hand to put the second shoulder strap on.
10. Buckle the chest clip behind your shoulders and across your back. If the carrier fits loosely, pull the adjustable shoulder straps for a snug fit. You want to make sure that the carrier is holding your baby close to you, where the baby is not able to slide down.
11. Put your hands inside the carrier to check the position of your baby's legs. Make sure the baby is in a correct M-position. Knees should be slightly higher than baby's bottom. Also, check to make sure that your infant's airway is not obstructed.
12. Monitor your baby while wearing him or her to ensure that your baby maintains an open airway at all times while being worn with chin off of chest.

NOTE: For older infants who do not need the neck support of the infant insert but still require the lifted seat for visibility and a less wide seat, you can detach the bottom cushion to be used alone. If you are only using the bottom cushion, begin following the steps starting at step #5.



The Tula Infant Insert is meant for Front Carry only.
Use the Ergonomic Carrier Instructions for further information about the Tula Carrier.

IMPORTANT! Never unbuckle the waist belt while your child is in the carrier. Ensure you can see baby's face at all times. Do not let baby's face press into your body. Do not cover baby's face with a blanket, sling fabric, nursing cover, etc. Baby's head and neck must be gently and completely supported, with chin off of chest. If baby's chin is resting on his or her chest, it can restrict baby's airway. Check to ensure that you can hold two adult fingers between baby's chin and chest for correct positioning. Consult an expert if your infant was born with low birth weight, such as a premature baby or multiples, or if your infant has respiratory illness or other respiratory problems. Extra vigilance is required for these babies. After nursing in a carrier, remove baby from breast and return baby to proper carrying position with head above the breasts and face free of fabric and turned away from the mother's body. Attend to and check on baby often, especially those under 4 months of age. Proper positioning of the baby in the carrier and infant insert includes chin up, with face, nose and mouth visible and not covered. Please follow all instructions when using the Tula Infant Insert.