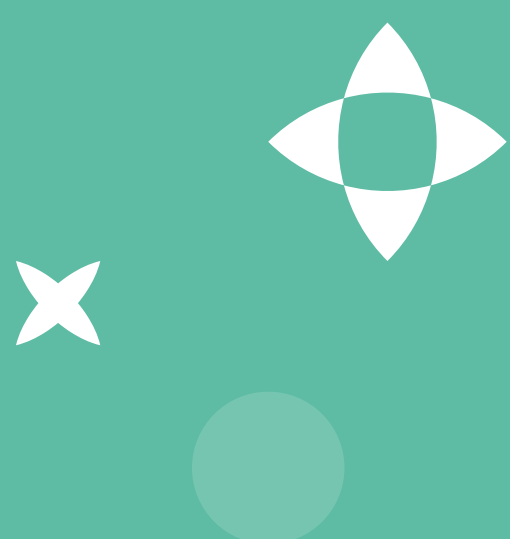




koala
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koala cuddle band 2

instruction manual

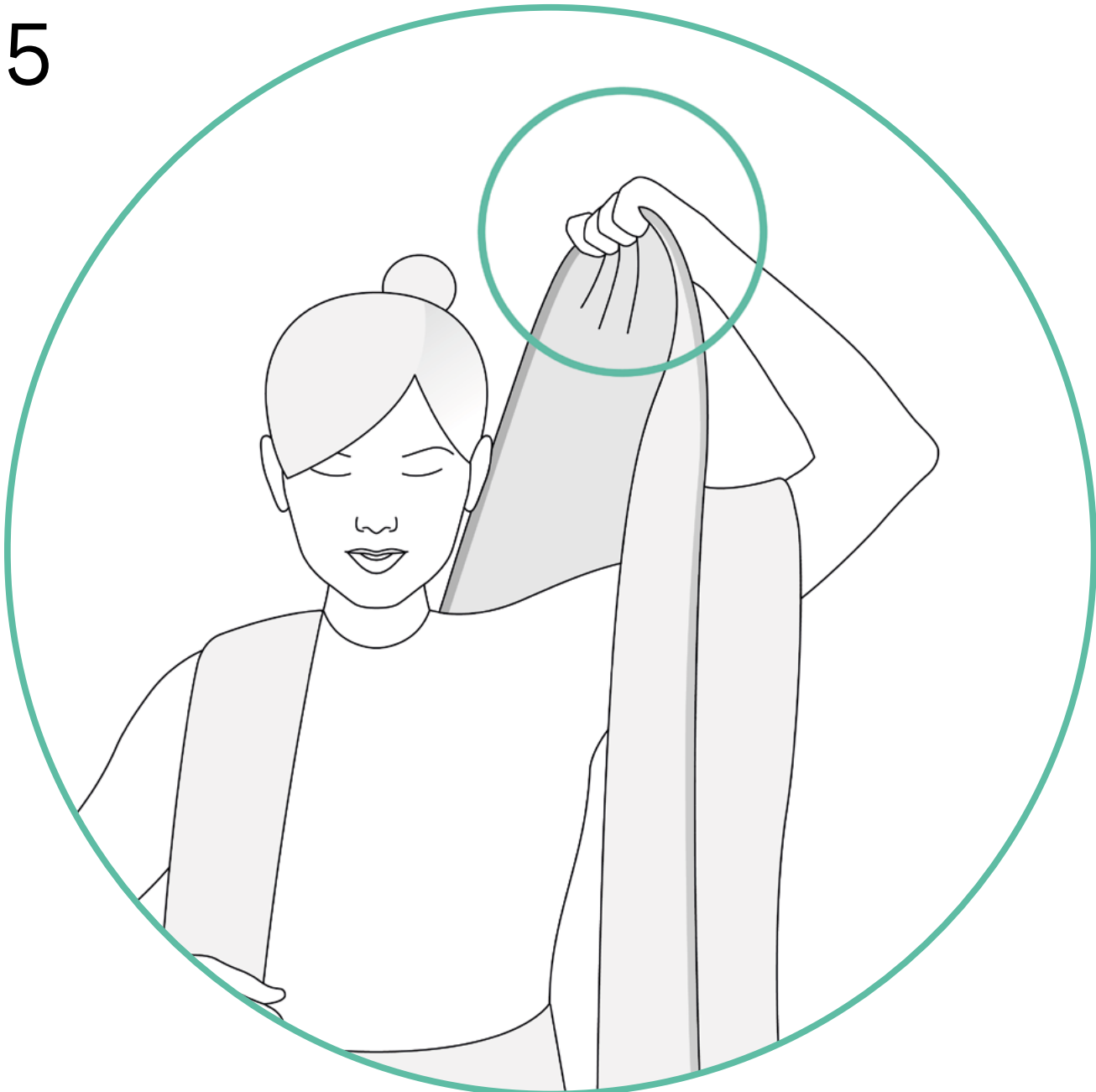
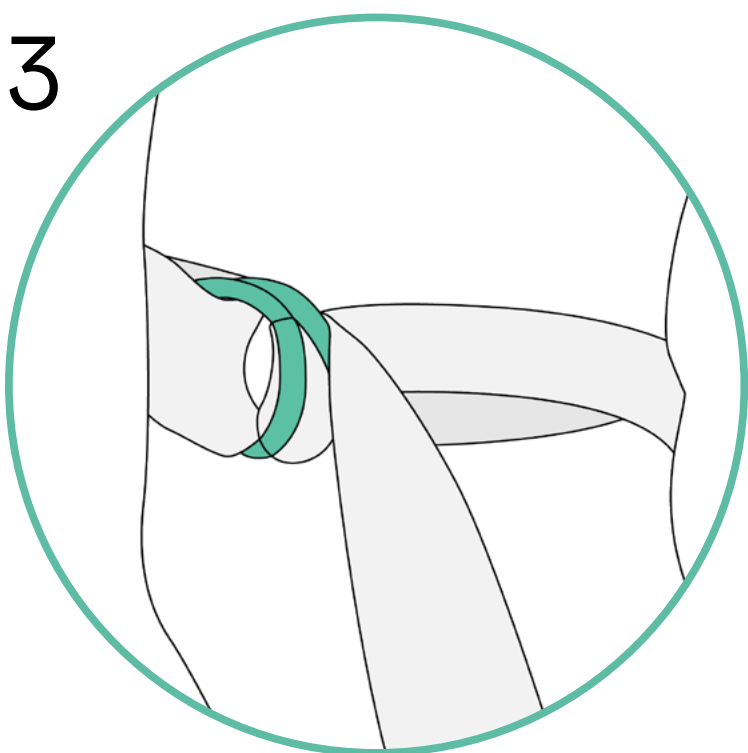
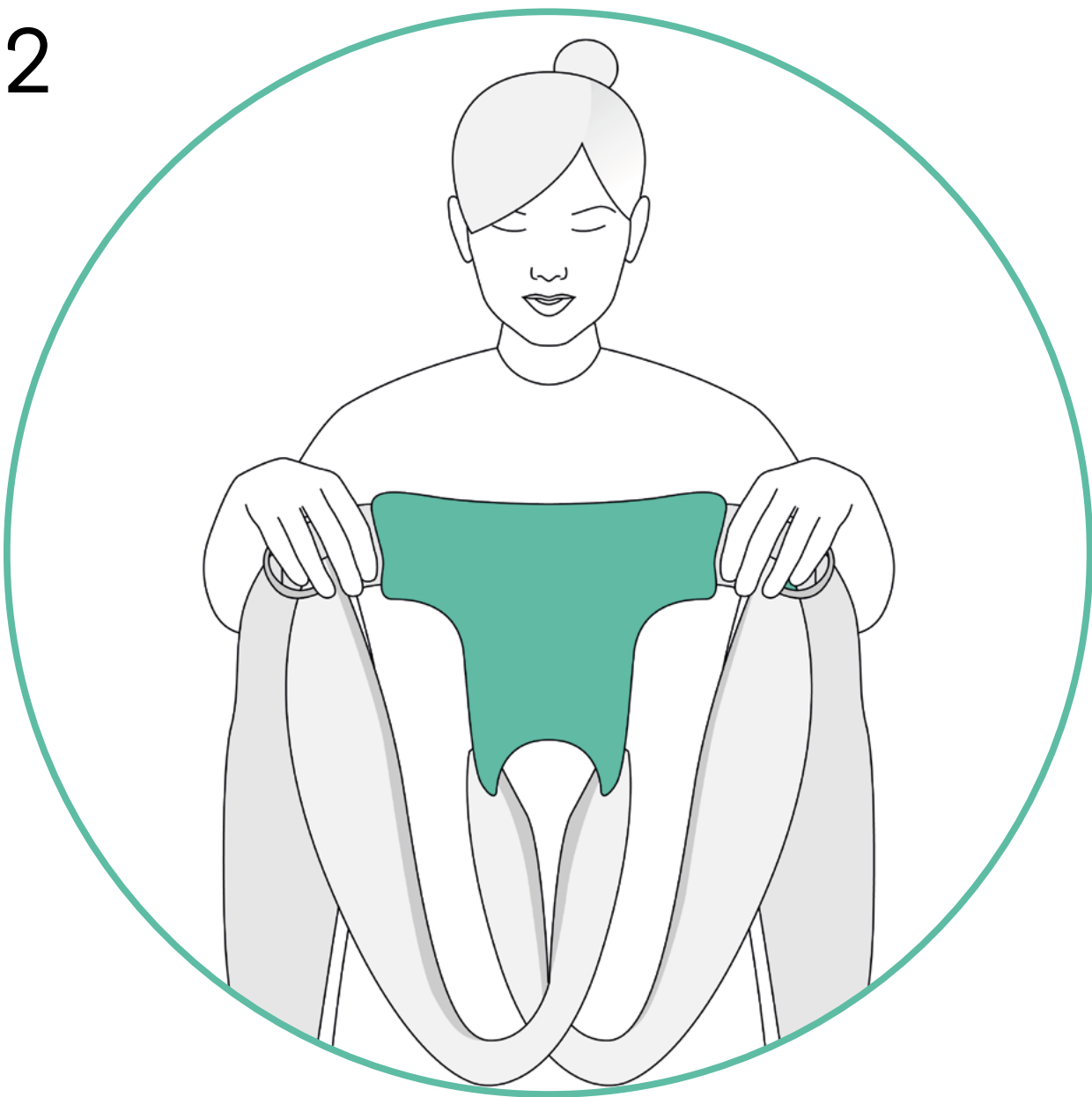
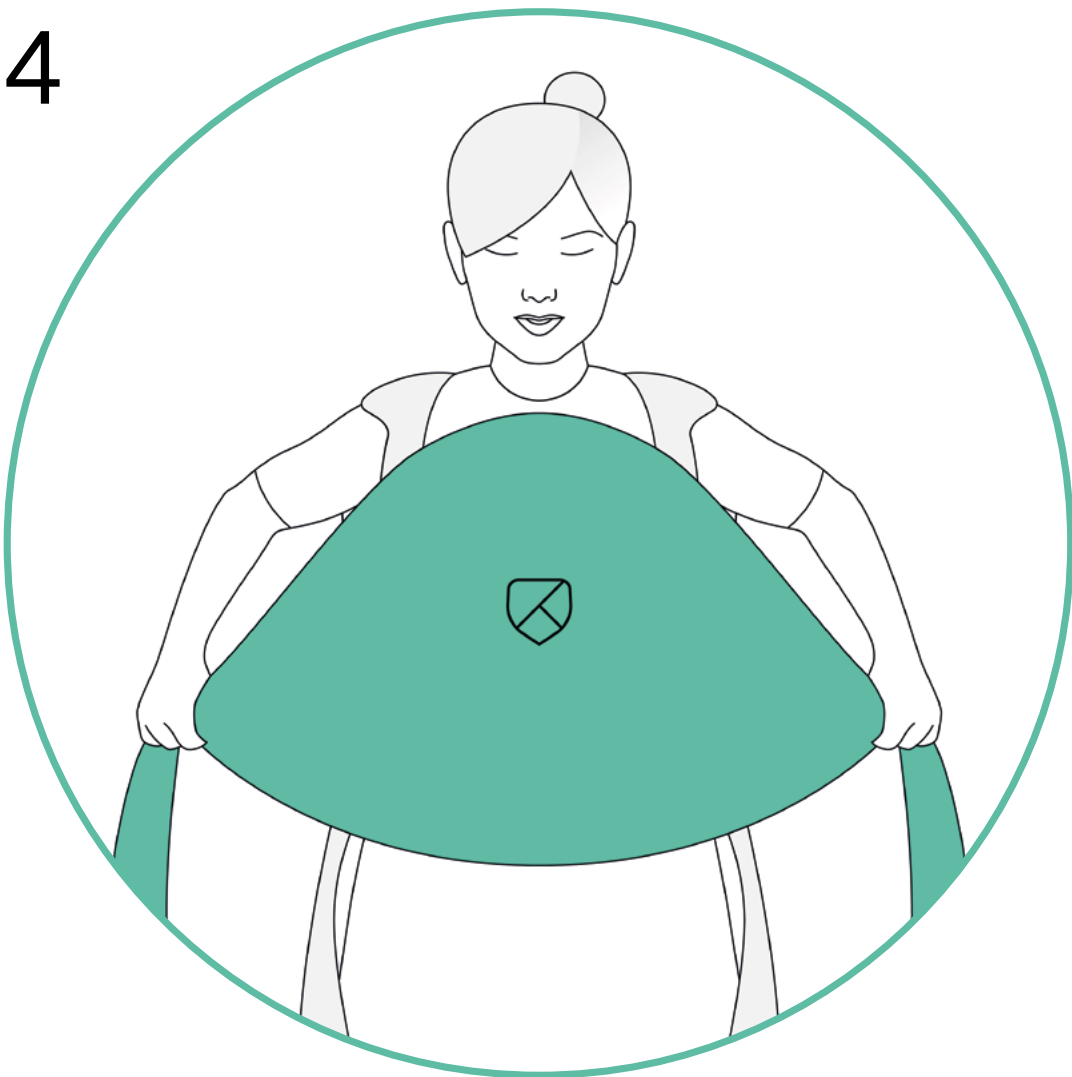
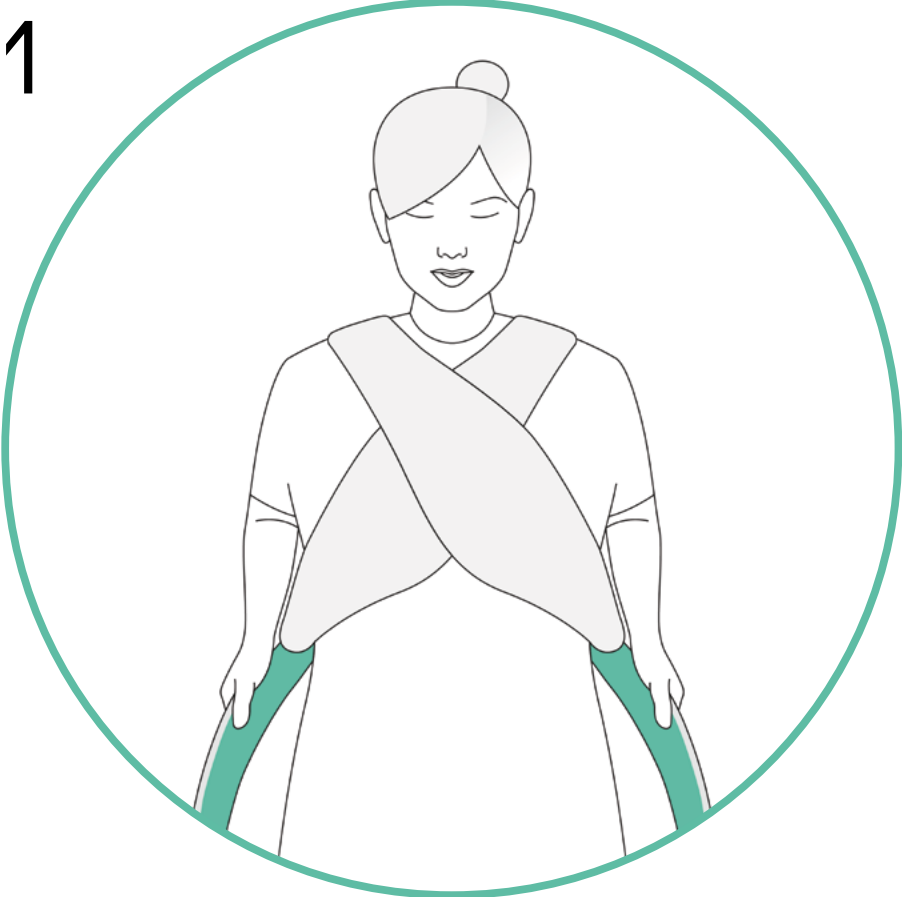


The educational training centre "Scuola del Portare® - Babywearing & Natural Parenting" has officially recognised Koala Cuddle Band 2 baby carrier as meeting the quality standards of good babywearing.

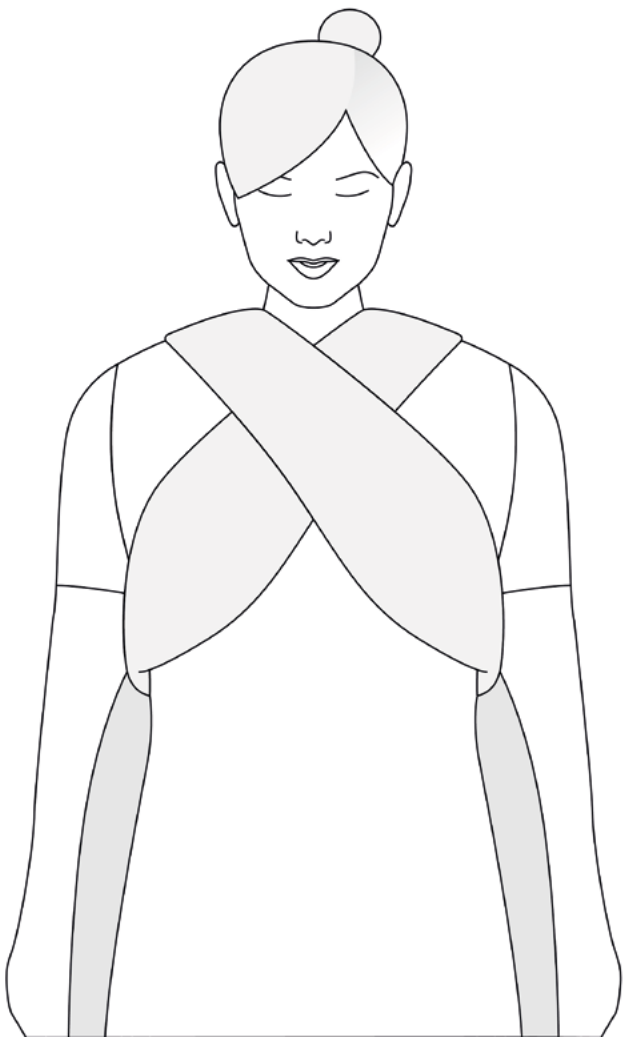
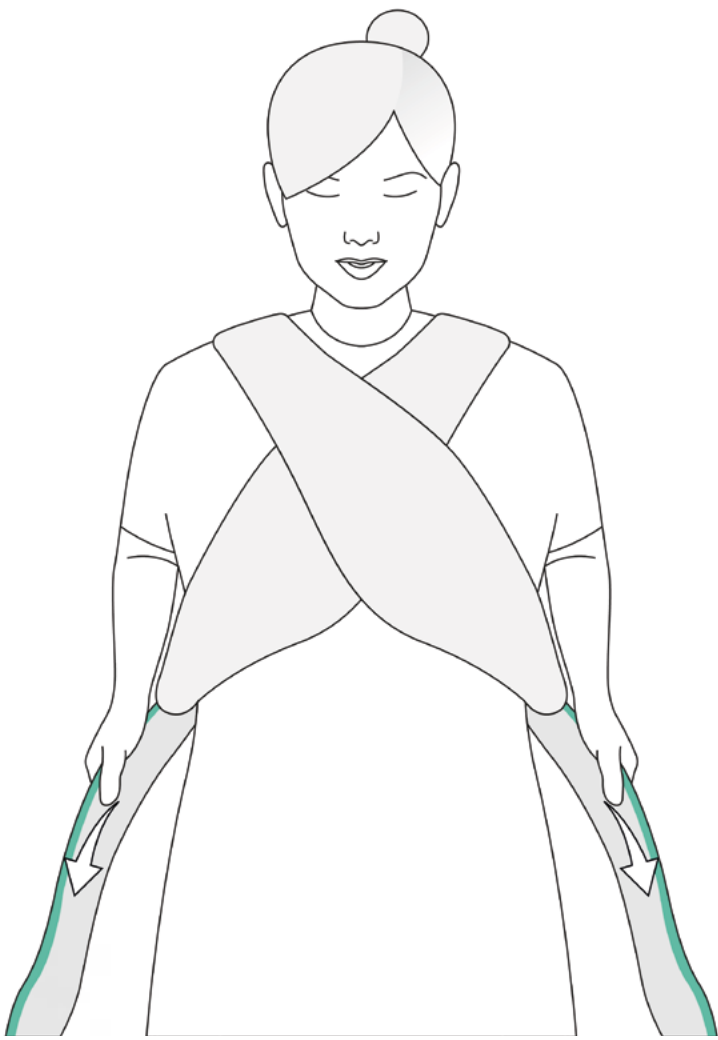
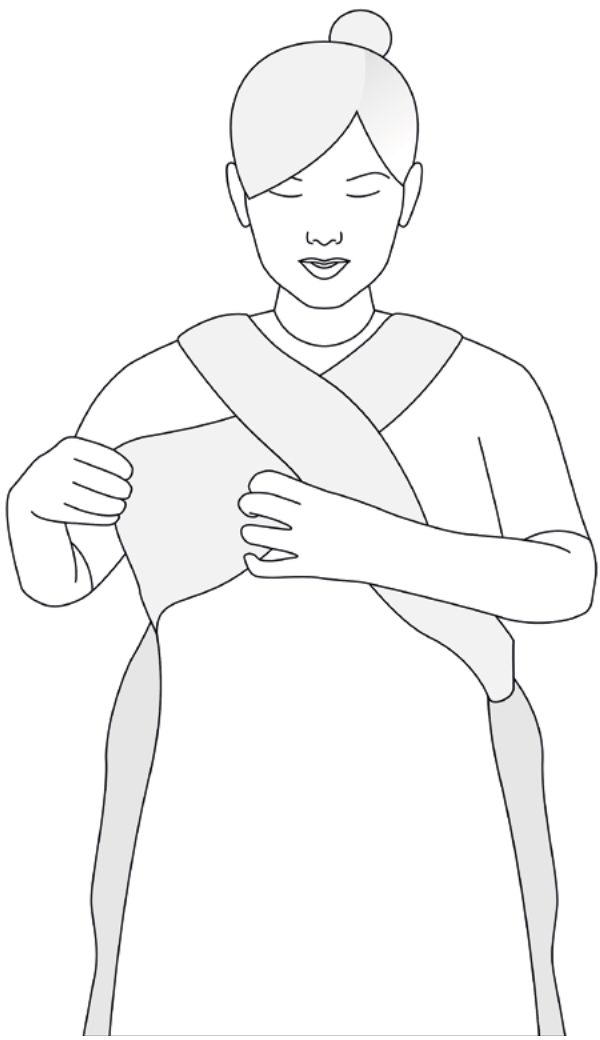
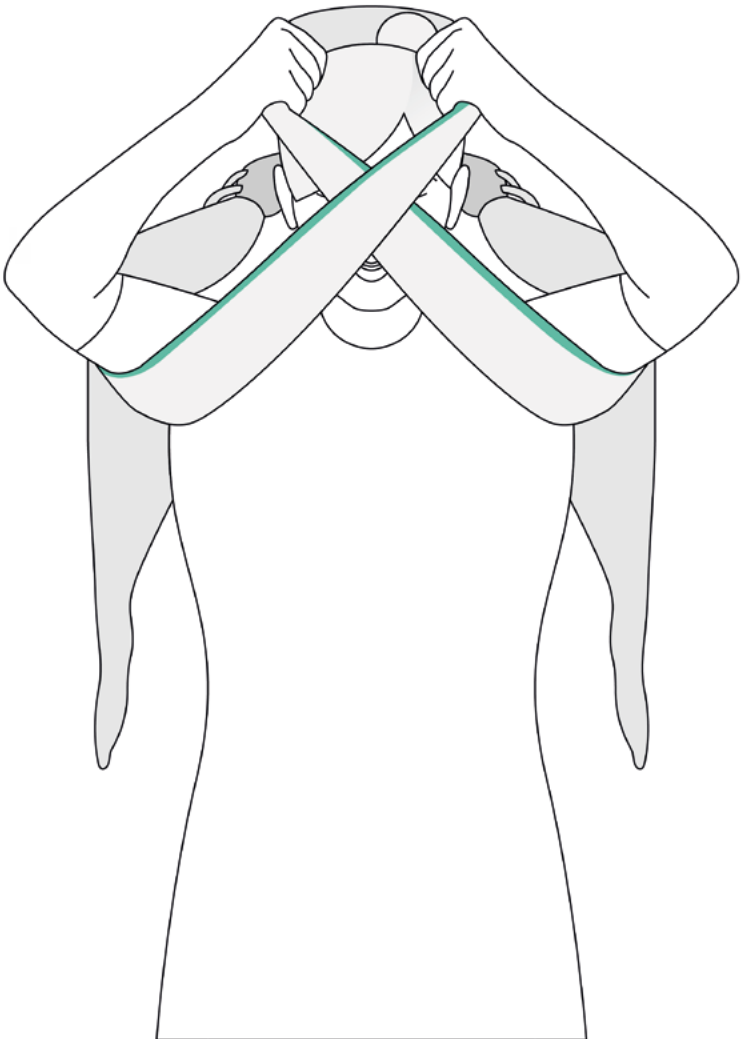
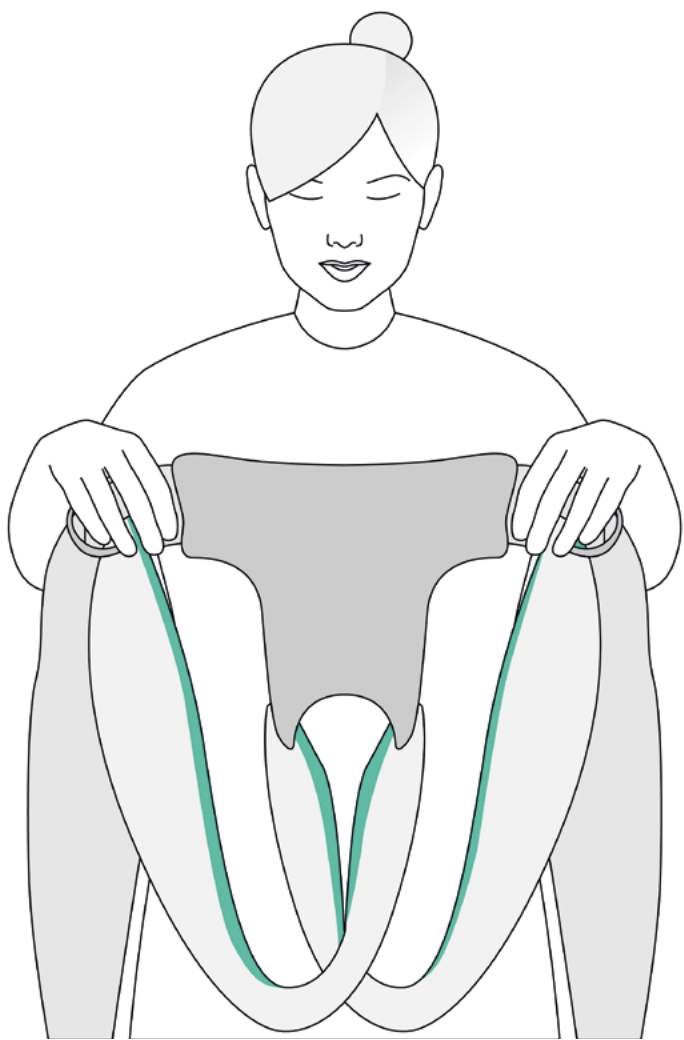


GLOSSARY

- 1. Bands
- 2. Back Support
- 3. Rings
- 4. Support Band
- 5. Gather in your hands



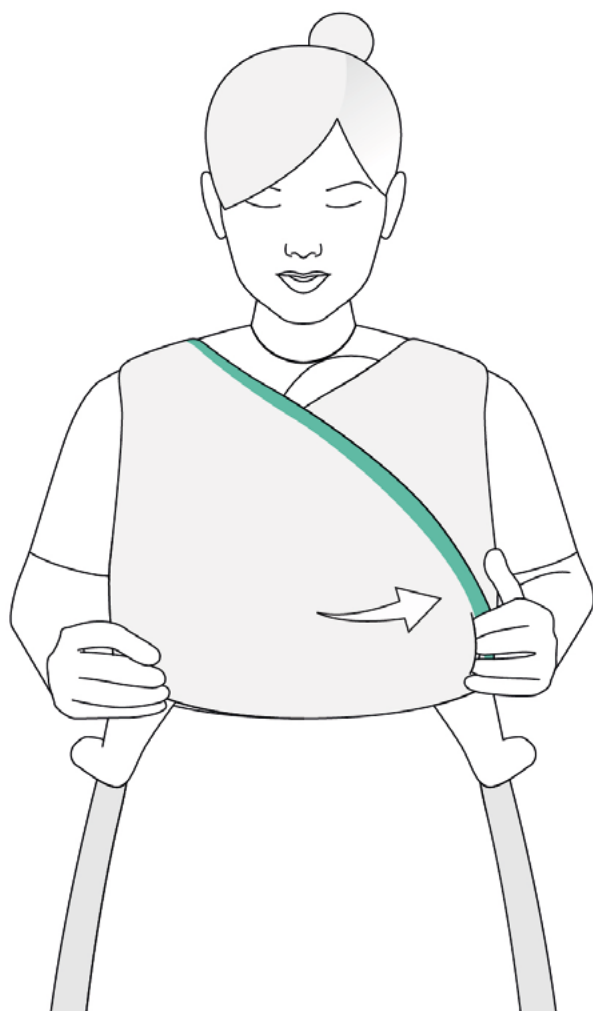
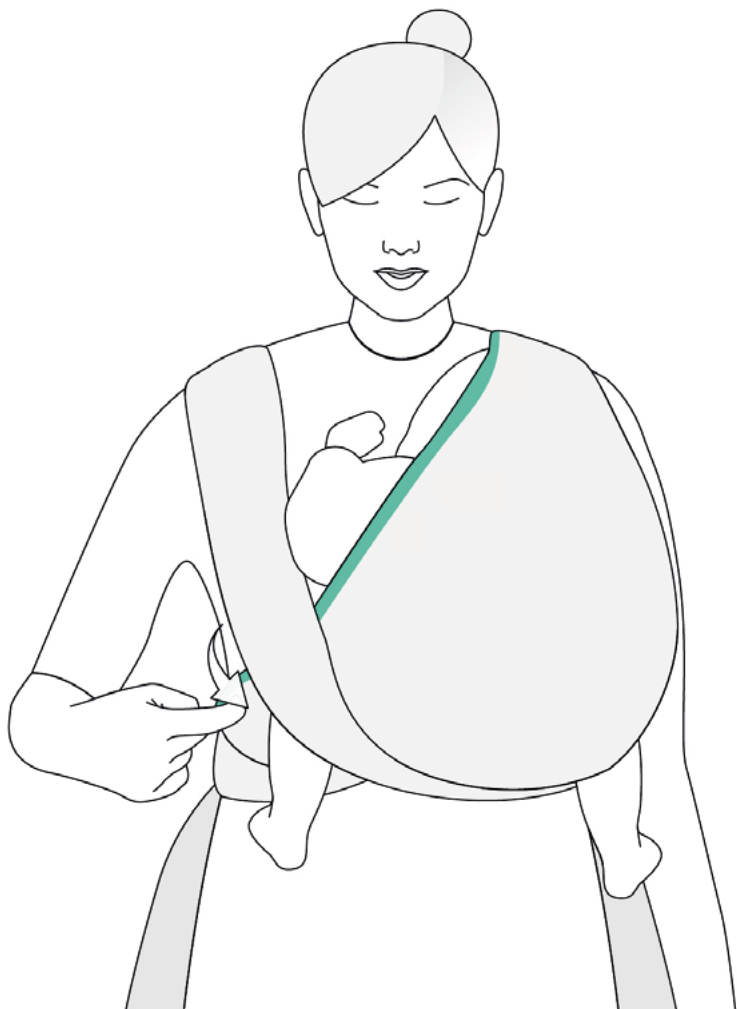
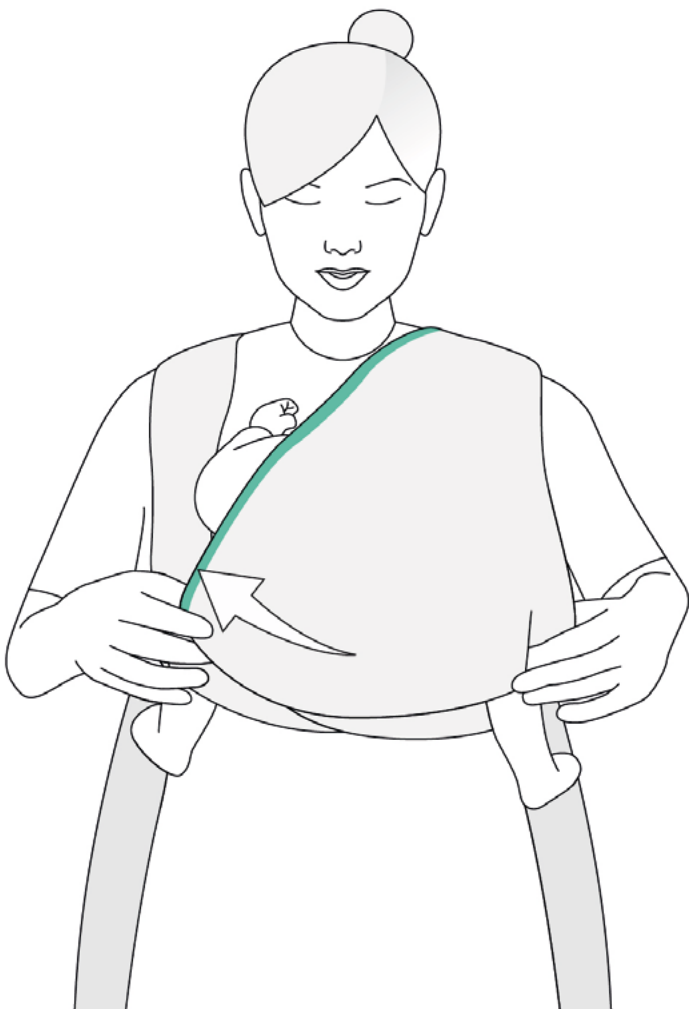
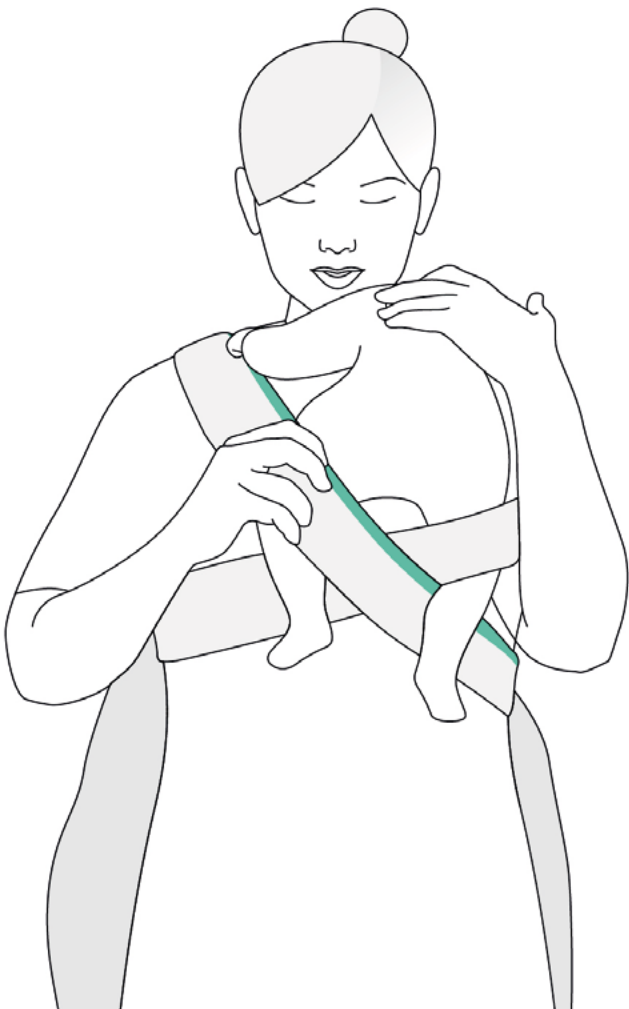
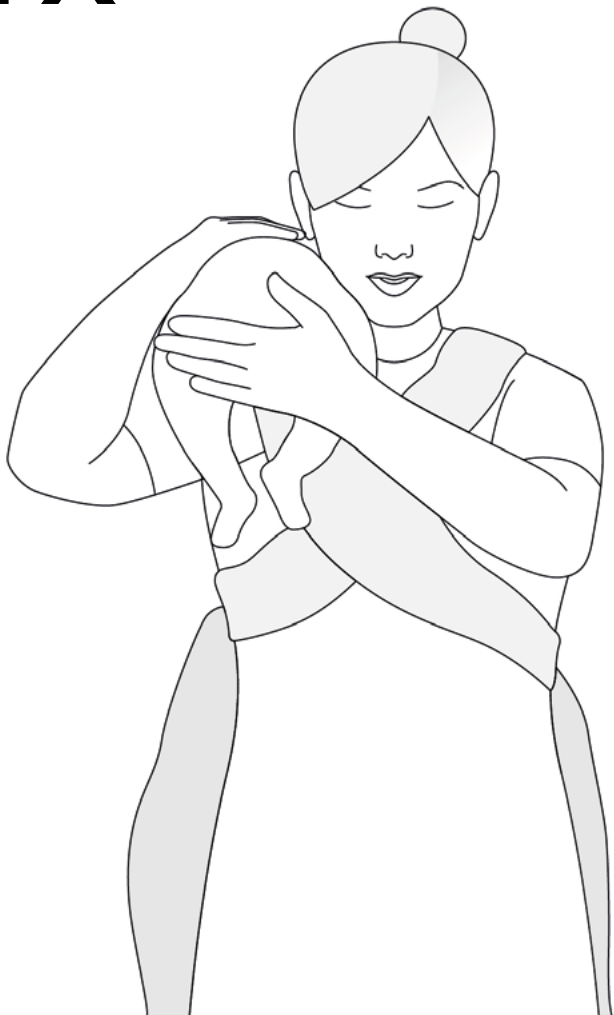
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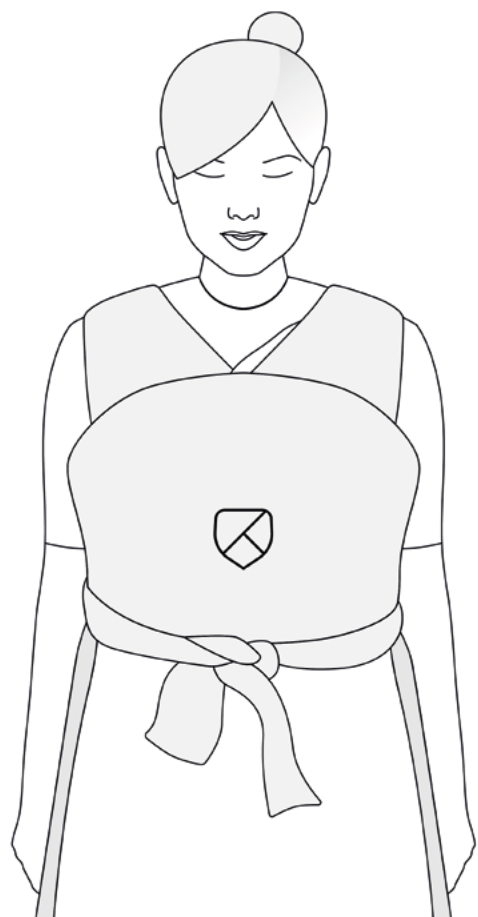
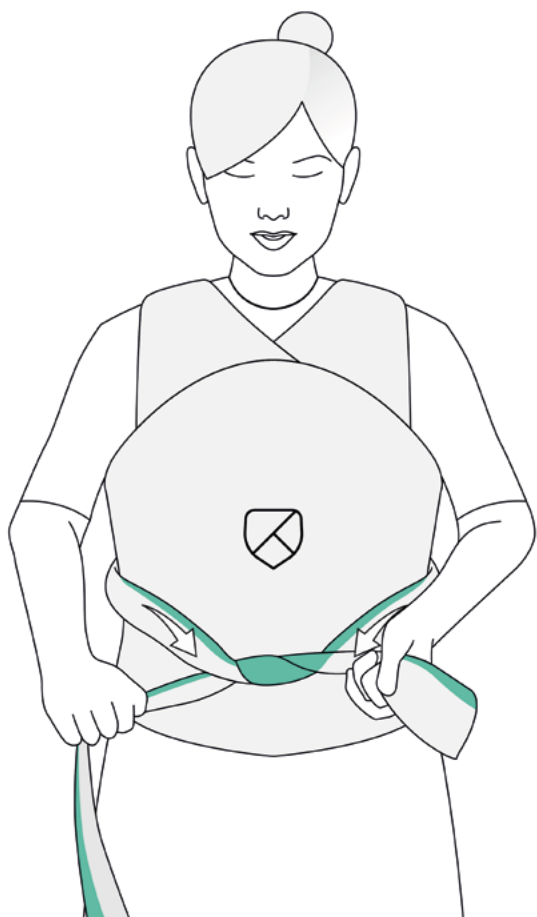
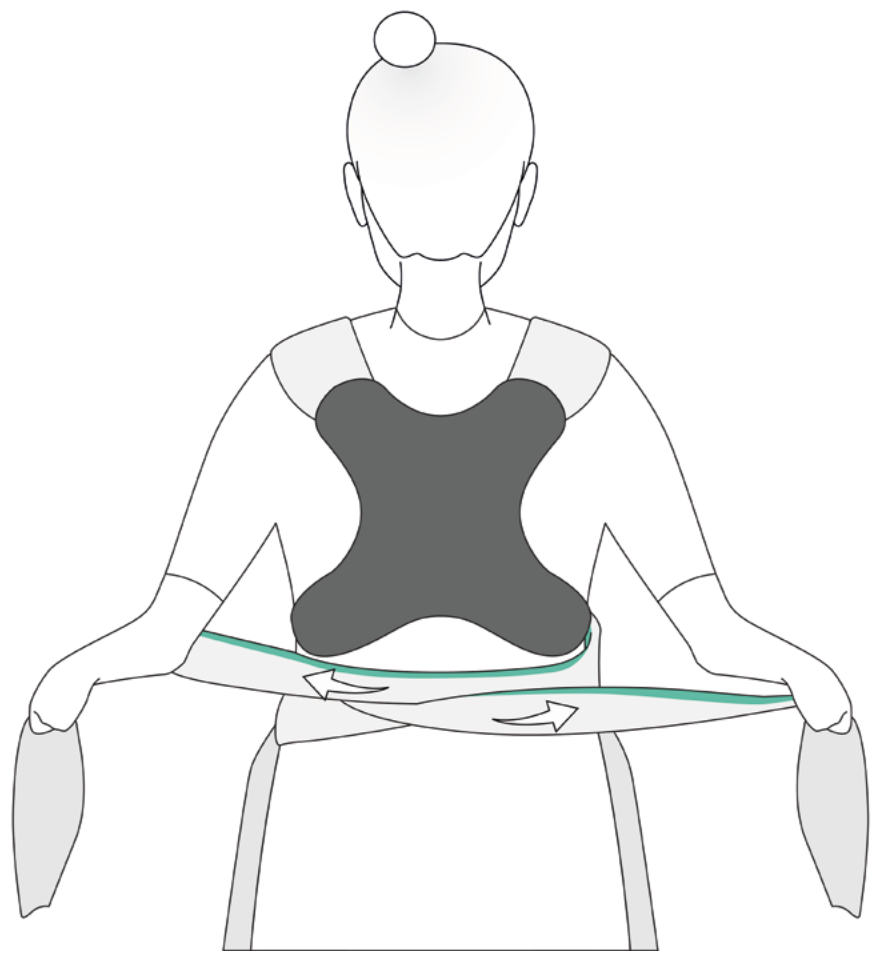
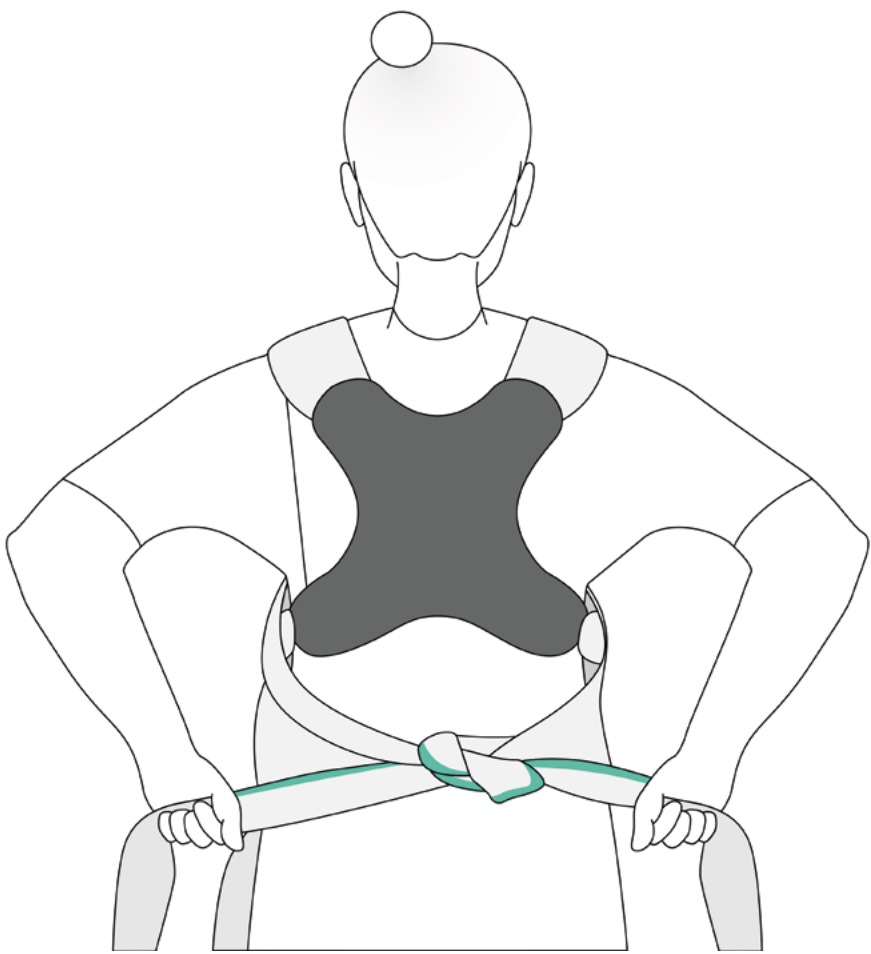
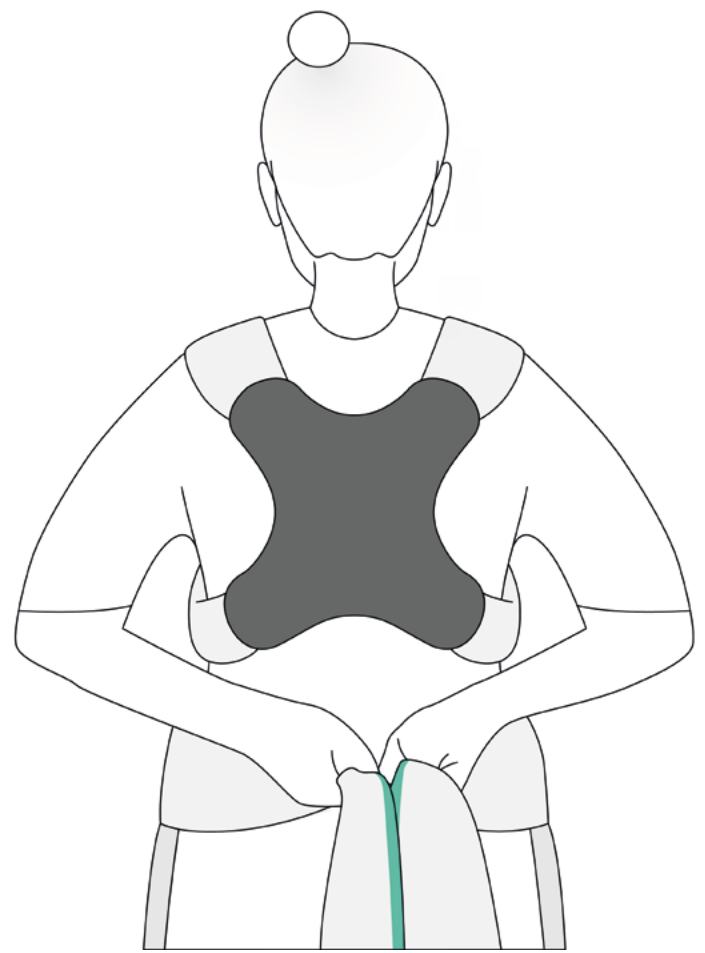
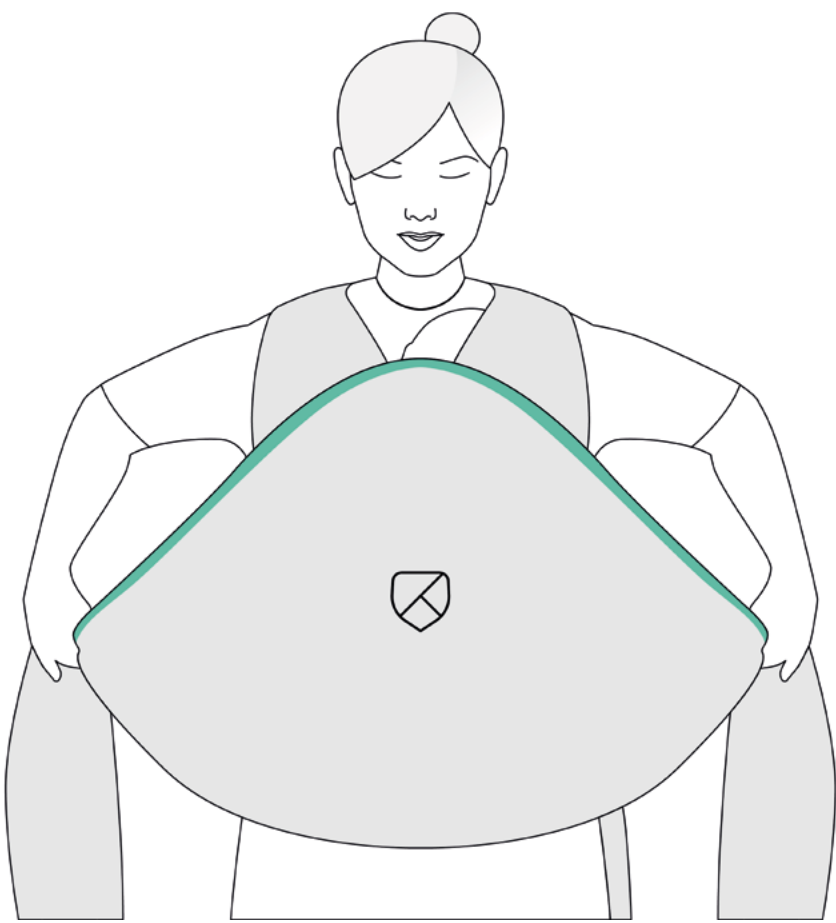
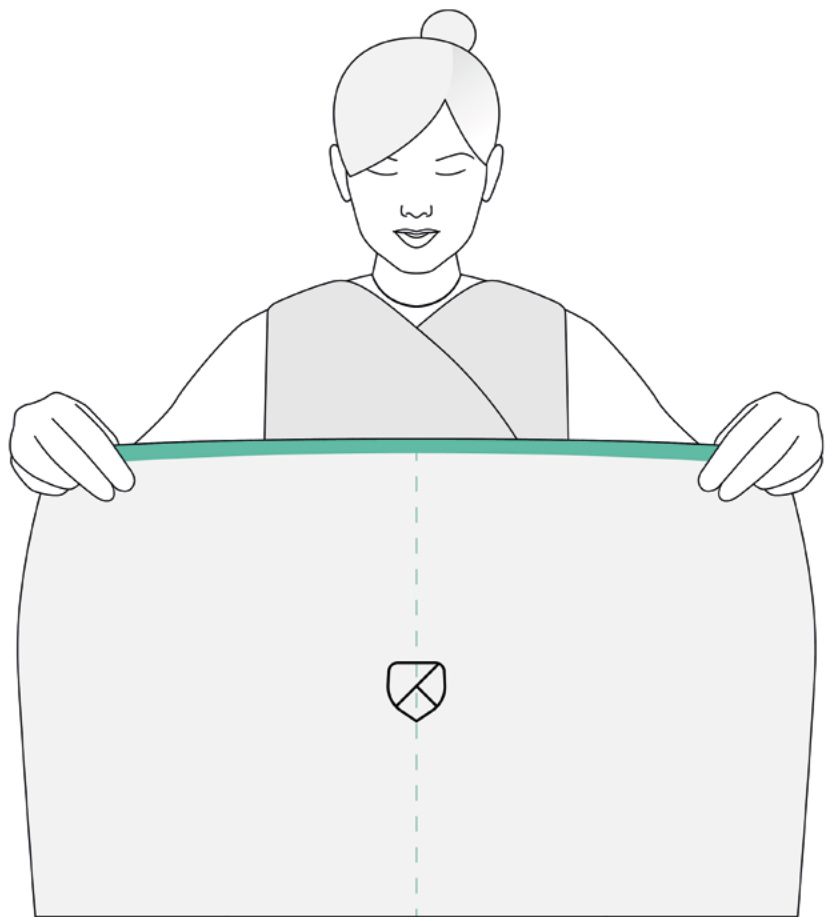
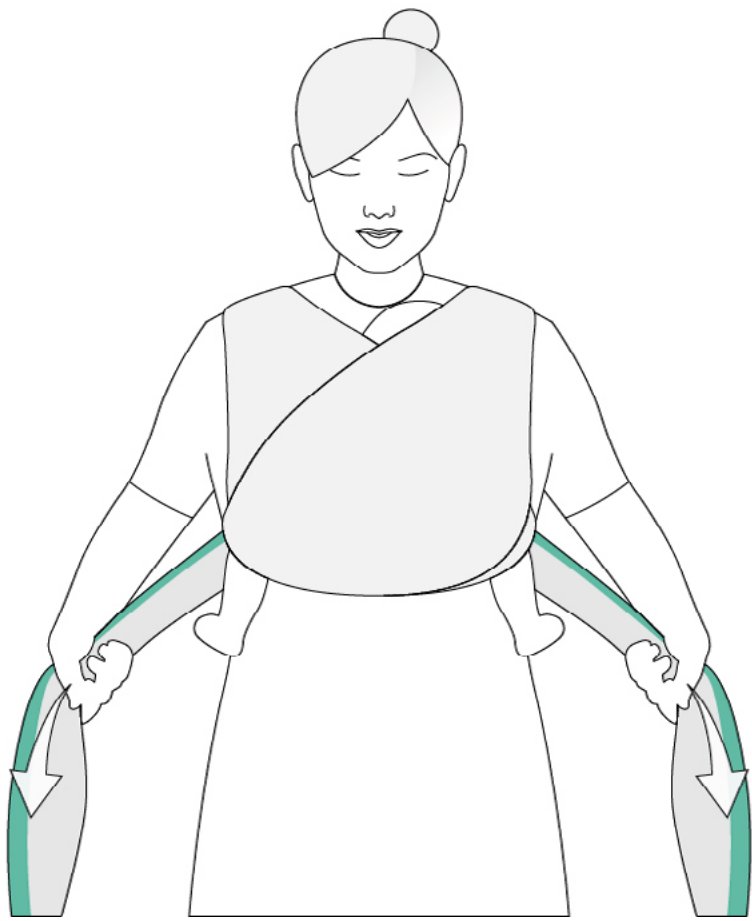


USING YOUR KOALA CUDDLE BAND 2

TIE METHOD: FRONT CROSS CARRY (FCC) - SIMPLE X

A

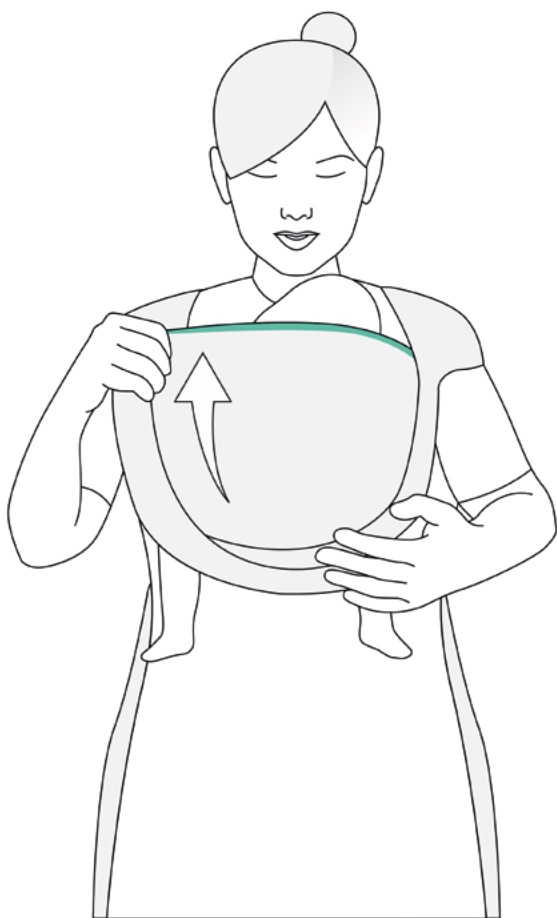
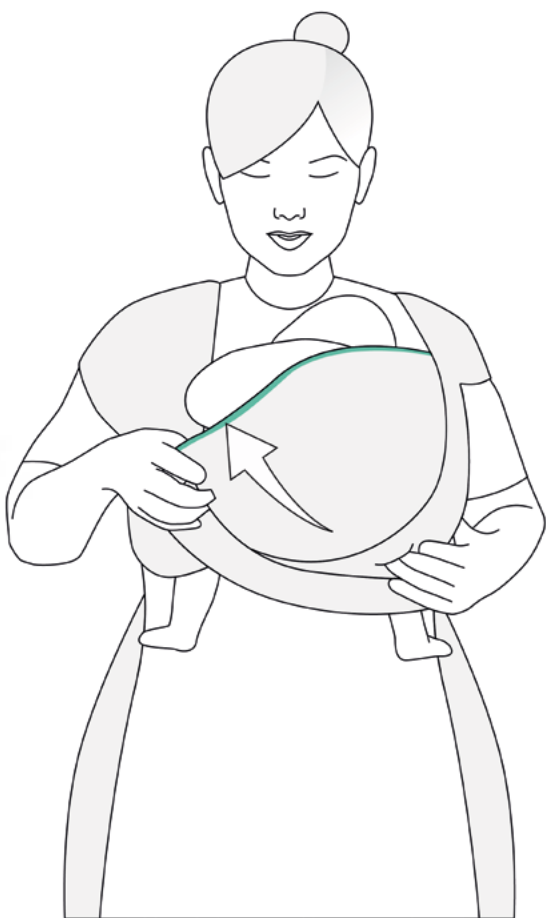
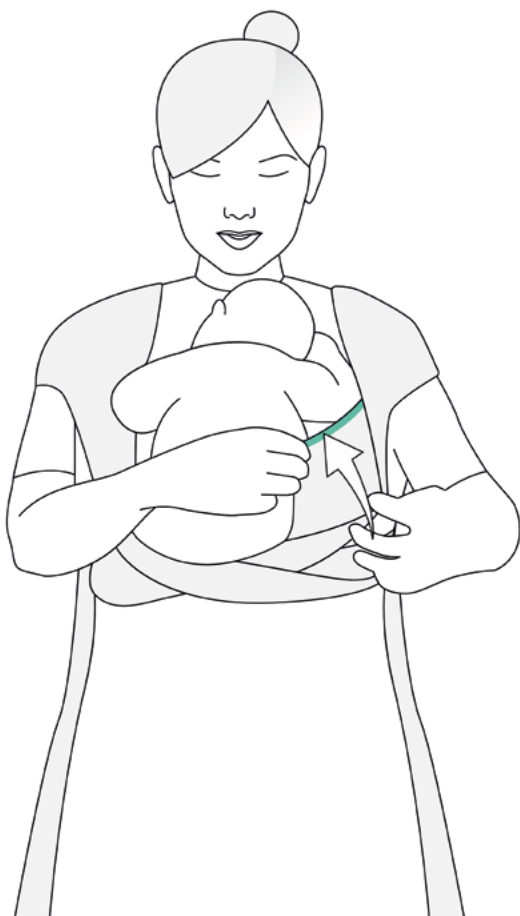
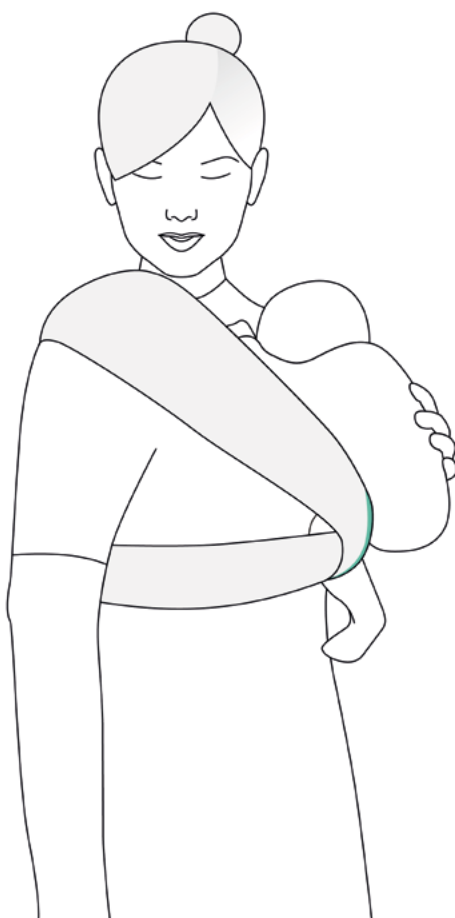


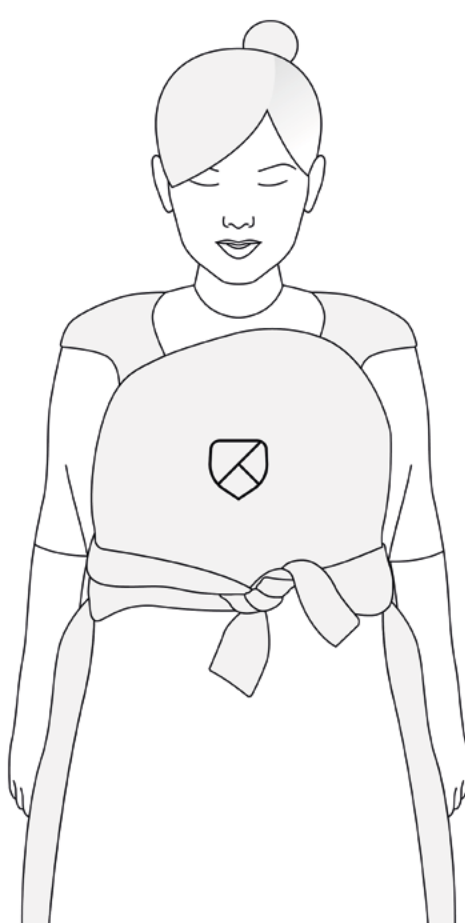
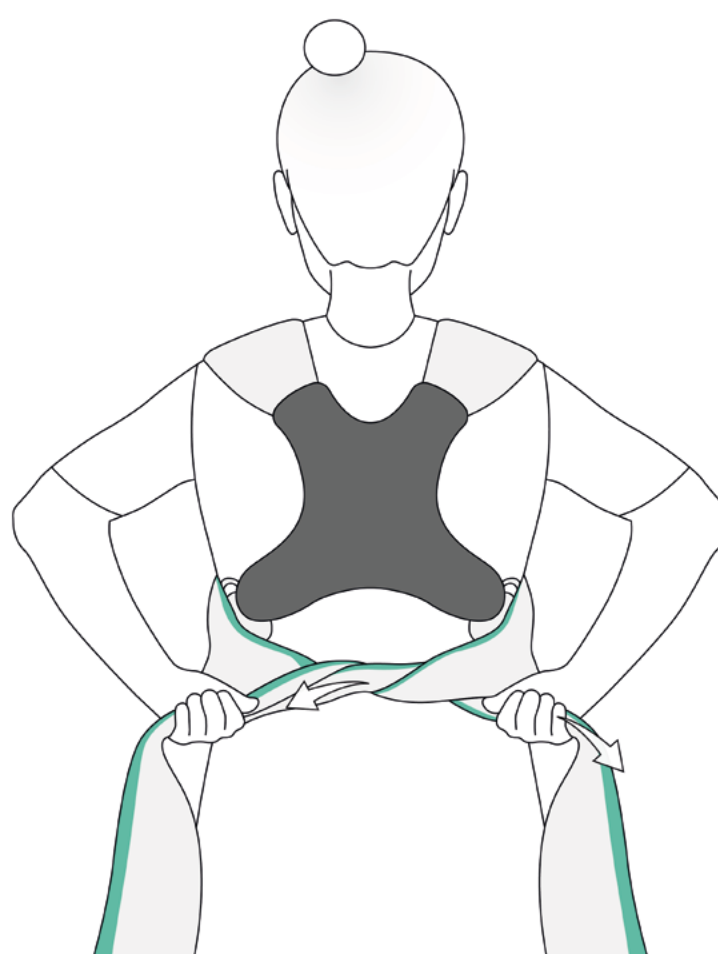
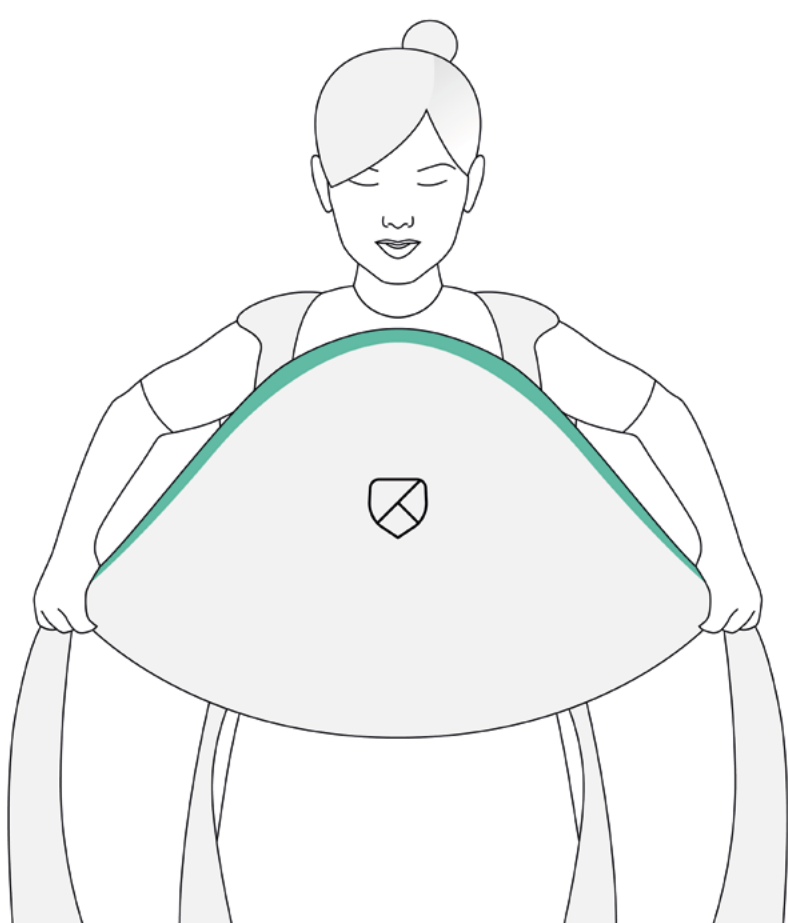
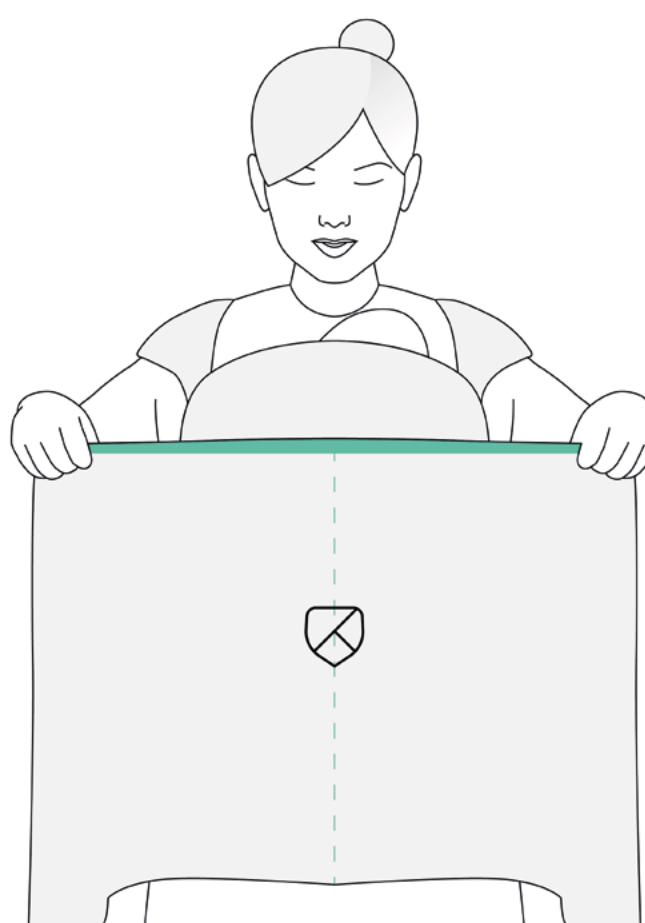
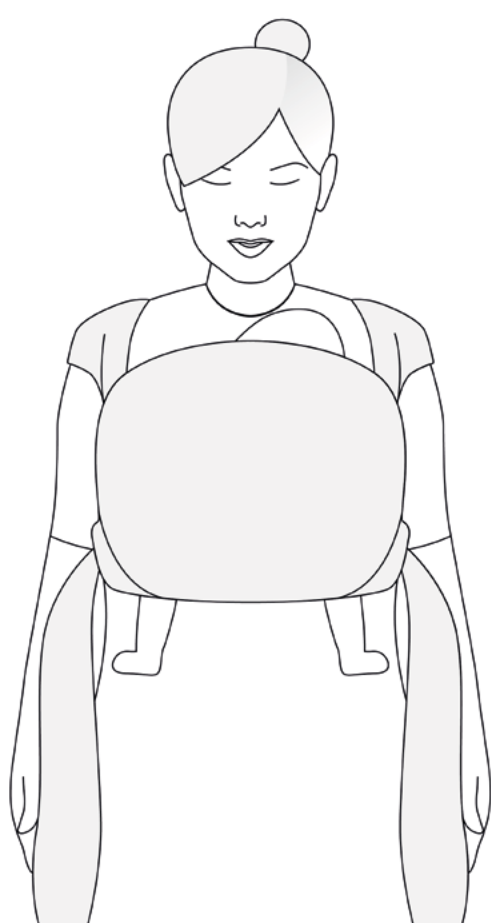
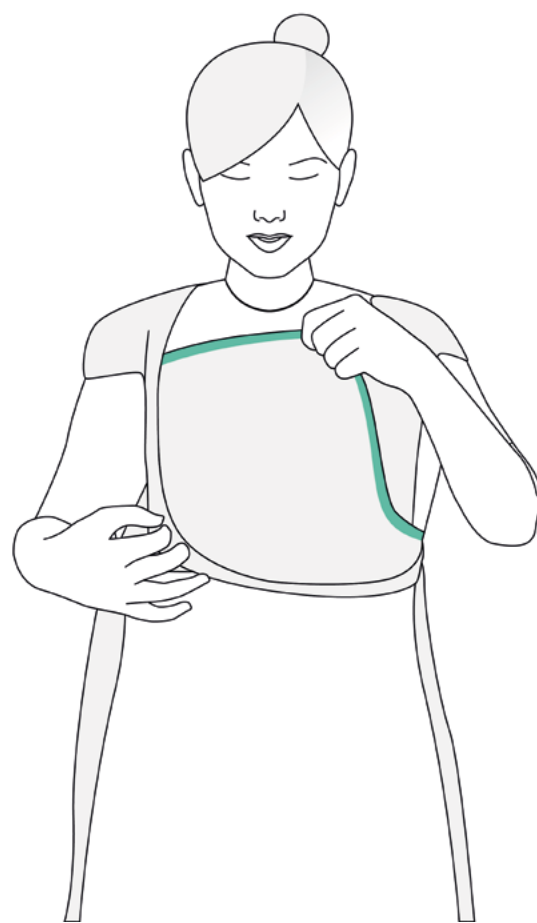
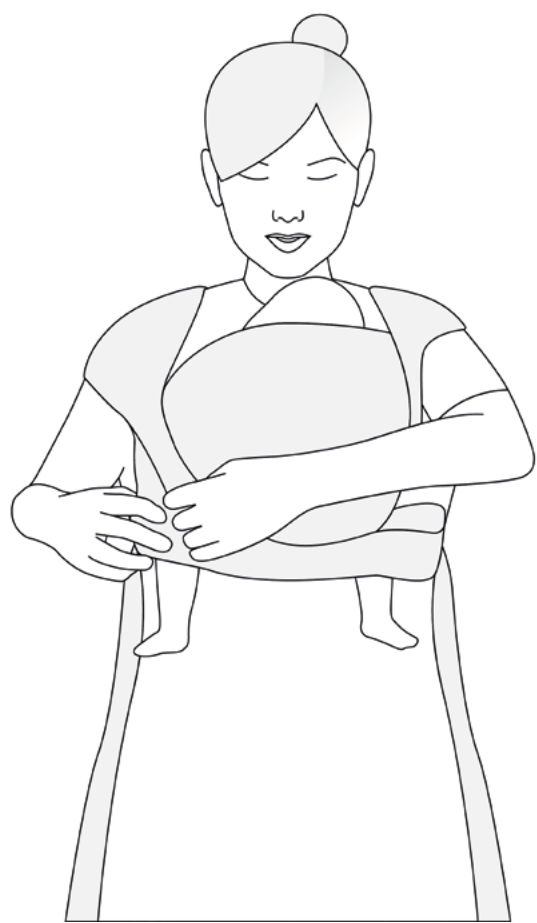


USING YOUR KOALA CUDDLE BAND 2

TIE METHOD: FRONT DOUBLE HAMMOCK (FDH)

B





1. INTRODUCING KOALA CUDDLE BAND 2

Koala Cuddle Band 2 is an ergonomic, easy-to-use baby carrier wrap.

Thanks to its patented design, it slips on just like a T-shirt. It is a semi-structured baby carrier and is **ready for use in just a few simple steps**, so it's also ideal for mums and dads who are new to babywearing and apprehensive of it.

It easily adjusts via rings and adapts to all body shapes and sizes.

The breathable, ergonomic back support distributes the baby's weight evenly across your back.

Ideal for children up to 10 Kg (tested and approved up to a maximum of 15 Kg).

Koala Cuddle Band 2 can be used right from the very first days of a newborn baby's life for two reasons:

- It makes the transition from womb to mum and dad's arms as natural as possible. During those first weeks following the birth, a young infant is still entirely dependent on their mum (and with time also on their dad) and the need for physical contact is vital for them. A baby carrier helps to satisfy this primal need and to increase the bond with daddy as they get to know each other after having spent 9 months inside mum's belly.
- **A baby adopts the same position they had when in the womb**, curled up with their legs bent in an M shape and knees higher than their bottom. This is a physiological position which favours motor development.

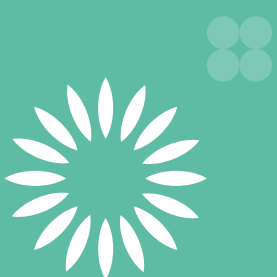


Is this your first experience with babywearing?

It's only normal that you may struggle a little at the beginning. Don't get discouraged, you'll soon get the hang of it!

Here are a few tips to help:

- Make sure you have put your Koala Cuddle Band 2 on correctly by following the instructions in this manual.
- Introduce your baby gradually to their sling, using it initially for short periods at a time each day.



2. GENERAL INSTRUCTIONS

IMPORTANT! KEEP FOR FUTURE REFERENCE.

We recommend that you read this manual carefully before using the product.

Prior to use, remove and discard any plastic bags and all other packaging components or keep them out of reach of children. It is recommended that such items be disposed of separately in accordance with current legislation.

PLEASE TAKE NOTE OF THE FOLLOWING INSTRUCTIONS CAREFULLY:

- Follow these instructions carefully when using the product.
- Do not allow anyone to use this item without reading the instructions.
- We recommend that you keep this manual for future use.
- Ideal for children up to 10 Kg (tested and approved up to a maximum of 15 Kg).
- **SUFFOCATION HAZARD!** Babies under 4 months old may suffocate in this product if their face is pressed tightly against your body. Babies at greatest risk of suffocation include those born prematurely and those with respiratory problems.
- Check often that the baby's nose and mouth are uncovered, that their face is clearly visible and that airways are unobstructed.
- Check regularly that the infant isn't in a position where they are curled up with their chin resting on their chest, as this position can restrict breathing and may cause suffocation.

- If your baby is premature, underweight or has been diagnosed with a specific health condition, consult your doctor or a specialised babywearing educator before using the baby carrier wrap.
- Check that your baby's head is properly supported.
- The baby carrier wrap is designed for carrying an infant who is facing towards the wearer.
- The wrap should only be used to carry one baby at a time.
- Always check that all knots, buckles, buttons, straps, and adjustments are secured well.
- Check the wrap carrier regularly for signs of wear such as loose stitching and torn fabric.
- Always ensure that the child is positioned safely inside the wrap in accordance with the manufacturer's instructions for use.
- Never leave a baby inside a carrier wrap that is not being worn.
- Do not use Koala Cuddle Band 2 whilst engaging in activities that expose your baby to a heat source or chemicals, such as cooking or cleaning.
- Do not use the carrier wrap during sporting activities such as running, cycling, skiing.
- Never use the carrier wrap whilst driving or when a passenger in a motor vehicle.
- Keep the wrap out of reach of children when not in use.
- **FALLING HAZARD!** Leaning, bending, or stumbling can cause the baby to fall out. Keep one hand on the infant as you move.
- As your baby becomes more mobile and active, the risk of falling increases, so pay particular attention.
- Always bear in mind that when you carry your infant inside a wrap your balance may be affected by their movements.

3. USING YOU KOALA CUDDLE BAND 2

Koala Cuddle Band 2 is delivered to your home ready to use. You won't need to untie it to take it off; it slips on and off over your head each time just like a t-shirt. If for any reason, such as for washing purposes, you need to re-assemble it, follow these simple steps: insert the right band of fabric into the left rings and the left band of fabric into the right rings.

A - TIE METHOD: FRONT CROSS CARRY (FCC) - SIMPLE X

Preparation:

- Take the carrier wrap and put it on over your head – just like you would with a T-shirt.
- Check that the back support adheres well to your body.
- Pull both band ends forward so that the carrier wrap fits snugly to your body.
- Create space for your baby by lowering the crossing of the two bands using your hands.

Positioning your baby:

- Hold your baby, taking care to support their head and back correctly, and place them close to your chest at shoulder level.
- Use one hand to take hold of the band that comes down from the shoulder opposite the one where the baby is positioned and, moving it away from your body, slip it around the baby's leg, taking care to position it in the hollow of their knee.
- Repeat the step, placing the baby on the other shoulder and working with the other band.
- Bring the infant to the centre of your body by sitting him or her down on the cross.

- The baby should be in the physiological M-position.
- Retrieve the innermost band of the X starting from the edge closest to the neck and stretch out the fabric behind the baby's back from one knee to the other.
- Repeat the steps with the outermost band.
- Make sure that the baby's back is well-supported and both bands are spread out wide.
- If necessary, adjust the tension by pulling the bands forward beyond the rings.
- Take the support band and carefully wrap it behind the baby's back, hugging him or her from the nape of their neck to their bottom.
- Secure by tying a double knot behind your own back.
- Make sure that the baby's physiological position is respected and that their face comes above the fabric and is uncovered and free from obstruction.
- If additional head support is needed, open and use the band corresponding to the nape of their neck.

Taking your baby out:

- Untie the support band.
- Open the crossed bands one at a time, starting with the outermost one and holding your baby to keep them secure. Pull your infant out by using both hands underneath their armpits and pulling upwards.

B - TIE METHOD: FRONT DOUBLE HAMMOCK (FDH)

Preparation:

- Take the carrier wrap and put it on over your head – just like you would with a T-shirt (as with FCC tie method).
- Check that the back support adheres to your body (as with FCC tie method).
- Pull both band ends forward so that the carrier wrap fits snugly, but not too tightly, to your body.
- Create space for your baby by lowering the crossing of the two bands with your hands (as with FCC tie method).

Positioning your baby:

- Hold your baby, taking care to support their head and back correctly, and place them close to your chest at shoulder level, opposite the one where the innermost band is positioned.
- Use one hand to take hold of the innermost band and, moving it away from your body, place it around both of your baby's legs, then place the band in the hollow of their knees.
- Repeat the step, placing the baby on the other shoulder and working with the other band.
- Guide the baby to the centre of his/her body by sitting him/her down on the cross, making sure that his/her feet are free.
- The baby adopts a physiological M-position.
- Locate the innermost band of the X and, pass your hand underneath it, locate the edge that passes down the shoulder, turn it inwards onto the chest (hem inversion) and then spread out the fabric behind the baby's back from one knee to the other.
- Repeat the step with the outer band.
- Make sure that the baby's back is well-supported and the bands are stretched out wide.

- If necessary, adjust the tension by pulling the straps forward beyond the rings.
- Take the support band and carefully wrap it behind the baby's back, hugging him or her from the nape of the neck to their bottom.
- Secure by tying a double knot behind your own back.
- Make sure that their physiological position is respected and that the baby's face is positioned above the fabric and is uncovered and free from any obstructions.
- If additional head support is needed, open and use the band corresponding to the nape of their neck.

Taking your baby out:

- Untie the support band.
- Open the crossed bands one at a time, starting with the outermost one and ensuring that the baby is held securely. Use both hands to take your baby out, pulling upwards from underneath their armpits.

4. RULES FOR SAFE BABYWEARING

It is essential to follow the simple and basic rules listed below when carrying your baby in a wrap carrier to keep your child safe and secure.

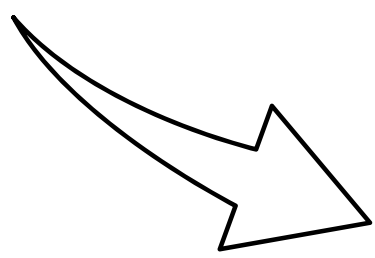
WARNING: safety rules to follow when carrying a baby in a carrier wrap

- Check regularly and carefully that the baby's nose and mouth are uncovered. The child's airways must always be free from obstruction.
- The baby must be in an upright position.
- Make sure that the baby's chin is not resting on his or her chest to prevent any breathing obstructions that could lead to suffocation.
- The baby must be well-supported and snug up against your body. You should be able to pass your hand between the carrier wrap and the child (but not a fist). If you are unable, then undo and tie again.
- The baby's body must be positioned at "holding height", i.e. at the same height as they would be if you were carrying them normally without a carrier.
- Make sure that the baby's head is always well-protected and supported by the wrap until he/she develops independent head control. Their head should be supported at all times when asleep.
- The tie method used must respect the baby's physiology.
- The infant's back should have a C-curve, respecting their natural physiology.
- The baby's bottom should be lower than his or her knees so that their legs are positioned in an "M" shape.
- The child's back must always be well-supported.
- Choose a carry position and tie method that is appropriate for the child's age and weight.

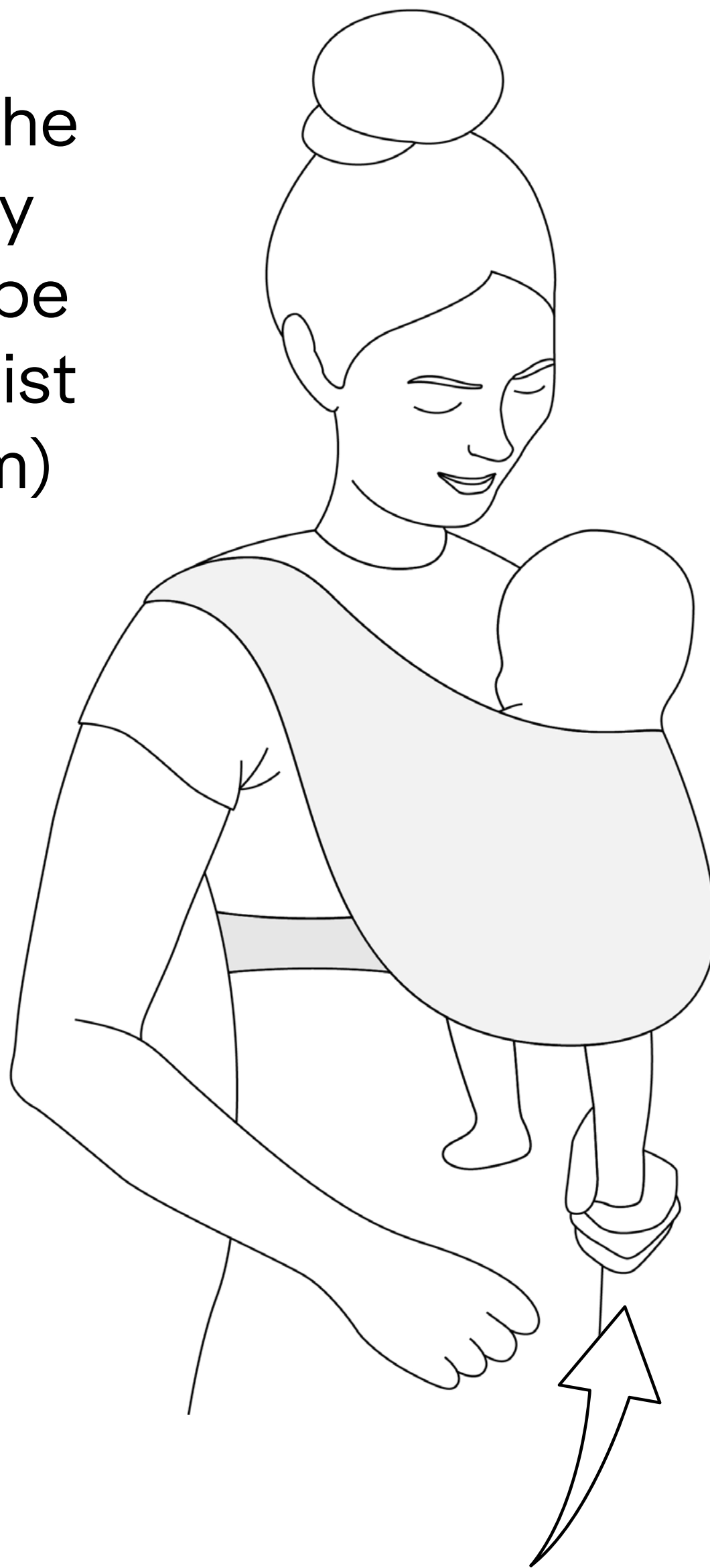
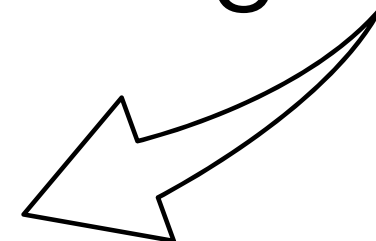
- Ensure that the baby is wearing clothing which respects the current season, weather, and outside temperature.
- Follow standard rules of caution and common sense.
- For any questions or doubt, consult a trained babywearing educator.
- The wrap cannot be used on any means of transport, such as buses, cars, bicycles, etc.
- The sling wrap may not be used for sports activities such as skiing, running, cycling, etc.
- It is not recommended that the wrap be used when engaging in activities that may be dangerous for the child, such as cooking in front of a heat source, being near hot drinks, bathing in the sea, etc...

5. BABYWEARING RULES

The baby's body must be up close against the wearer's body (there should be less than one fist between them)



The baby must always be positioned above the wearer's centre of gravity



Check regularly that the baby's face is uncovered, and their airways are unobstructed



You should be able to kiss the baby's head easily by tilting your head down

The baby's back must be C-shaped

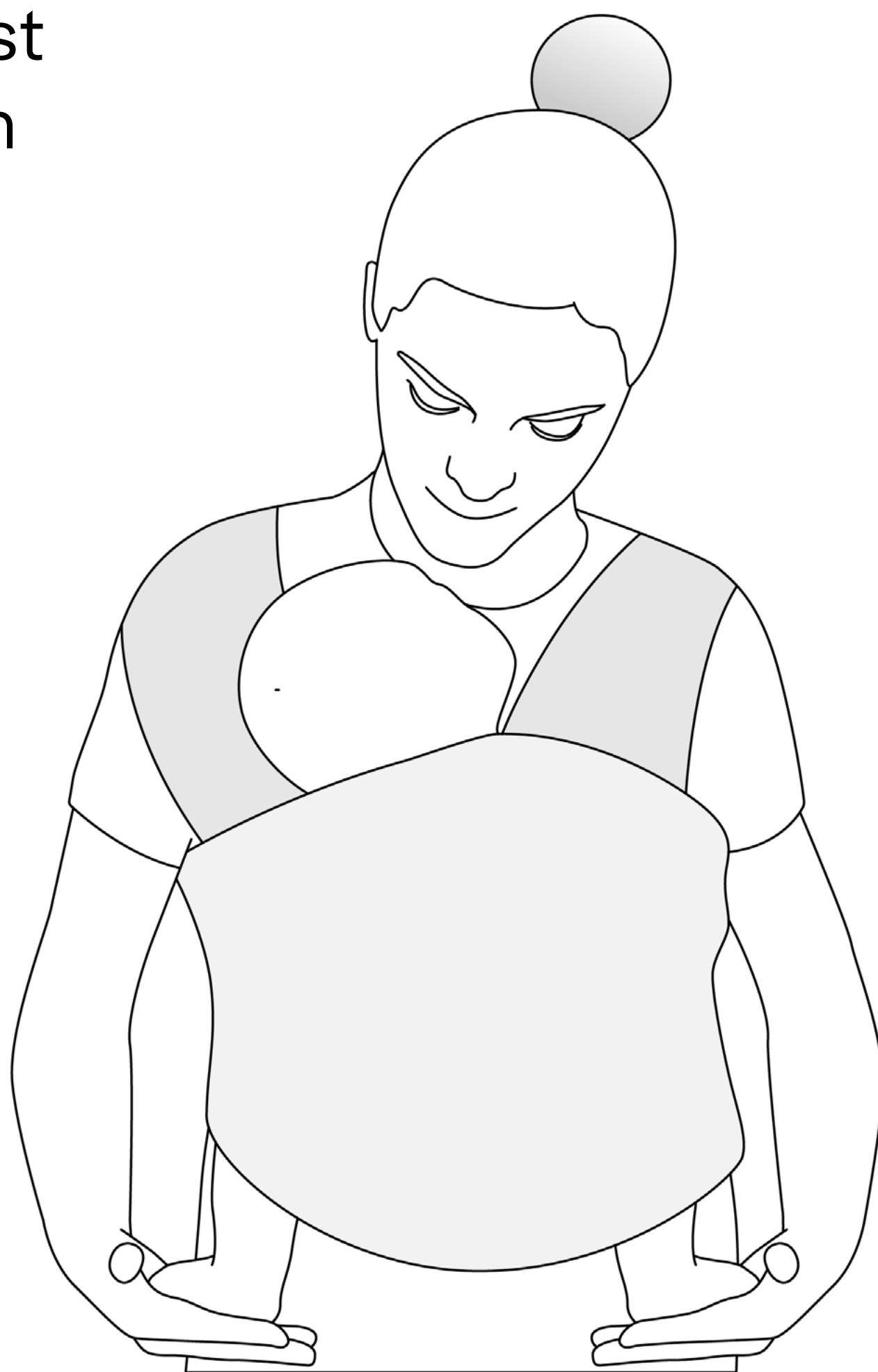




Ensure that the baby's chin is not resting on their chest



The baby's legs must be in an M-position



Check regularly that the baby's face is uncovered, and their airways are unobstructed

6. BENEFITS OF BABYWEARING

Carrying your baby in a baby carrier is the most natural way to meet your baby's need for contact and care.

Up until 1880, when the first pram was invented, it was the only way to carry your baby. In the western world, the art of babywearing is gradually being lost. However, it is now being revived and becoming popular again due to its practicality and the positive aspects it offers to babies.

Babywearing offers many practical, physical, and emotional benefits to both the baby and the parents:

- **Carrying your baby in a wrap allows you to take care of your baby while keeping your hands free** to engage in activities that you could not do whilst holding your baby.
- **A baby carrier supports the natural evolution of a newborn baby's back**, respecting the natural kyphosis of the spine. During the first few weeks of life, a young infant spontaneously adopts this position, which is characterised by a round curved back and legs flexed towards their abdomen. Using a baby carrier maintains the physiological curve in an infant's back. This helps to activate muscles and gradually straighten the spine in a balanced manner. On the contrary, lying down flat on their backs for long periods of time, can be detrimental as it flattens the physiological C-shape of their spine. (American Academy of Pediatrics, Short, 1996).

- **It encourages correct development of a baby's hip joints.** The M-position which their legs adopt when using an ergonomic support, such as the Koala Cuddle Band 2, respects the natural physiology of newborns. This is why it has been awarded with IHDI Certification from the International Institute for the Prevention of Hip Dysplasia. It is a great help in preventing hip dysplasia and is indicated as an alternative therapy for children suffering from hip dysplasia.
- The use of a baby carrier **reduces the possibility of Flat Head Syndrome (Positional Plagiocephaly) in infants and helps to treat the condition if already present.** Carrying the baby in a baby carrier, wrap or sling decreases the amount of time the baby spends lying down, which can flatten the skull. We recommend alternating sides of the baby's head position every time you put the baby in a wrap, sling or baby carrier.
- **Physical contact offers numerous benefits to a baby's physical development:** it helps them to regulate their metabolism and body temperature, to develop a sense of balance, to perceive physical limits. It promotes cognitive skills as it encourages interaction with their environment.
- **It allows you to satisfy one of your baby's primary needs: a secure attachment.** Holding a newborn baby in your arms or in a baby carrier, cradling them, consoling them if they cry, does not spoil them or make them become overly attached to their parents. On the contrary, it satisfies their fundamental need for contact, which will help them to become an independent and self-confident child, ready to grow up secure in the knowledge that they will always have a safe haven whenever they need it.

- **It improves a baby's well-being**, as they feel safe and protected in a wrap snuggled up to mummy. After the birth, the newborn baby goes through a phase called exogestation (a gestation outside the mother's womb), in which they need contact with their mum just as they did when inside her tummy. That's why in a wrap they are more serene, cry less and sleep more peacefully.
- **It strengthens the bond between parents and their baby**, helping mum and dad to understand their baby's needs and favouring non-verbal communication. As a result, both parties benefit: the infant feels more understood and calm, and the parents feel more able to take care of their baby, improving their self-esteem.
- **Using a baby carrier helps prevent postnatal depression**. Being close to the baby stimulates production of oxytocin and other antidepressant hormones, which also favours breastfeeding.

7. FAQ

When can I start using the wrap?

You can use Koala Cuddle Band 2 from birth up until your baby weighs 10 kg.

How long can I use it to carry my baby per day?

There is no maximum time limit for carrying your baby in a baby carrier. Koala Cuddle Band 2 can be used for as long as the wearer and baby feel comfortable, as it allows the baby to be held in a natural position and allows for the mum to bear the baby's weight correctly across her back. The important thing is to ensure a baby's needs are met by alternating the time spent in a baby carrier with the time spent being held or lying on their back.

It's my first baby wrap, will I find it easy to use?

Koala Cuddle Band 2 is specifically designed for ease-of-use, even for those who have never used a baby carrier wrap before. Read the instructions in this manual and watch the instructional video on our Youtube channel.

What clothing should I wear when using the carrier wrap? How should I dress my baby?

The contact with the mum's body makes the baby feel safe and snug. This is why, we recommend you do not overdress your baby. The fabric used for Koala Cuddle Band 2 is designed to be an excellent compromise between having the correct support for your baby and being lightweight at the same time.

During high temperatures in the summertime, you may feel warmer, so we recommend that you dress your baby in lighter cool clothing. You can use a linen cloth or a square of gauze and place it between you and your baby so that they feel less hot and sweaty. If you feel that your baby is too hot, take frequent breaks, remove the baby from the wrap and cool them down.

Am I spoiling my baby by carrying them in a wrap?

A newborn baby needs lots of physical contact, just as if they were still inside the womb. Contact with Mum and Dad does not spoil a baby; on the contrary, it is necessary to promote bonding and trust with parents, which will enable them to grow up independent and self-confident. If you keep your distance from your baby because you don't want to spoil them, they will react by demanding more contact and will grow up fearful and dependent.

Can dad use the baby carrier wrap?

Of course, it will help him to create an intimate relationship with the baby. Koala Cuddle Band 2 is adjustable and easily adapts to fit all mums and dads.

My baby cries a lot. Is a baby wrap good for him?

A study by Dr. Urs A. Hunziker has shown that babies who are carried in a wrap cry less and are much calmer. In general, when they are placed in a sling wrap, they stop crying after a few minutes.

Why do babies love slings so much?

Newborn babies need contact with their mum, just as much as they did when they were inside the womb (this phenomenon is called exogestation). Being in a sling is a familiar situation for them, they feel protected, snug and can smell their mum. That's why they feel calm and fall asleep peacefully.

Can my baby breathe when inside a sling?

A study by Dr. Stening, Dr. Nitsch, Dr. Wassmer and Dr. Roth at the Institute for Medical Statistics at the University of Cologne has shown that the use of baby carriers is not associated with an increased risk of clinically relevant cardiorespiratory disorders. Always make sure that the child's airways are clear and unobstructed.

Is carrying a baby in a sling bad for my back?

Carrying a baby in a wrap (but also in your arms) inevitably causes strain to your spine. If you start carrying your baby right away, your back will become used to it and train itself to carry the weight, and you will feel less fatigue when your baby gets bigger. It is important to carry the baby high up and close to your body, so that the weight is lighter.

Does carrying a baby in a sling harm a baby's back?

Every child is biologically predisposed to being carried. Humans have always carried babies on their bodies (like many mammals), and this predisposition is present inside our genes. A baby is not harmed in any way by being carried in a wrap, on the contrary, it has a positive influence: the wrap respects the natural kyphosis of the baby's back and the M-position allows for correct development of an infant's hip joints (Koala Cuddle Band 2 has been awarded with IHDI Certification from the International Institute for the Prevention of Hip Dysplasia).

Is the Koala Cuddle Band 2 a structured or stretchy baby carrier?

Koala Cuddle Band 2 is a stretchy carrier wrap with a reinforced back.

My baby cries whenever I put him in the sling. What should I do?

Don't be discouraged, it is quite normal for you and your baby to struggle a little the first time you try.

Firstly, consult this manual to make sure that you are wearing your Koala Cuddle Band 2 correctly. Our customer service team will be happy to answer any questions you may have.

Try introducing your baby gradually to their new baby carrier, initially using it for just a few minutes a day. Choose a moment when your baby is calm and content, such as immediately after a feed or in a tranquil environment. For any questions, you can contact a babywearing advisor who'll be able to offer expert guidance on any difficulty you are facing.

How can I wash Koala Cuddle Band 2?

Koala Cuddle Band 2 can be machine washed at 30° with similar coloured garments. We recommend that you do not use bleach, do not iron, do not dry clean or tumble dry.

Will using a baby wrap delay walking?

Babywearing has no impact on the time it takes your baby to begin walking. They will do so at their own pace.

On the contrary, it has been found that babies carried in a sling strengthen their muscles more quickly because the movement of the carrier is not perceived passively by the baby, using a carrier requires many small compensating movements from your infant which stimulate their sense of balance and their body and neck muscles.

8. CARE INSTRUCTIONS

Composition:

Carrier wrap: 97% cotton - 3% elastane

Back support: 100% polyester

Care & Washing:

Koala Cuddle Band 2 can be machine washed at 30°.

We recommend washing with garments of a similar colour. We recommend that you do not use bleach, do not iron, do not dry clean or tumble dry.

9. EDUCATIONAL TRAINING CENTRE (CENTRO STUDI SCUOLA DEL PORTARE - BABYWEARING & NATURAL PARENTING®)

The Educational Training Centre "Scuola del Portare - Babywearing & Natural Parenting®" is distinguished by its many years of experience, which have made it one of the most established in the sector, as well as by the quality of the training which is offered in various ways:

Training courses

Through training and continuous development courses aimed at parents, those who want to work in the Babywearing educator field or open a babywearing related business, as well as maternity / infant healthcare professionals (midwives, nurses, paediatricians, etc.). The aim is to create a national network of qualified and competent Babywearing Consultants and expand the culture of this ancient, but equally current, practice.

Through the organisation of conferences, round tables, research, in order to scientifically increase cultural awareness of Babywearing and Attachment Parenting.

By collaborating with institutions such as local health authorities, hospitals, and health professionals such as paediatricians and/or midwives and educators.

Collaboration with companies

Through collaboration with companies to improve and test the baby carriers at the various stages of production and introducing them to the market.

Fairs and events for parents

Through promoting the babywearing concept as a pedagogical tool and to foster well-being and psychophysical health of families: with courses, fairs, events dedicated to parents, aimed at supporting family empowerment and creating "close networks" among people who share the same attitude towards parenting.

Today, thanks to the commitment and passion of all the Babywearing (Portare®) Consultants in the area, the Educational Training Centre "Scuola del Portare - Babywearing & Natural Parenting®", actively help parents on their babywearing discovery journey.

They offer both theoretical and practical events, so parents can learn how to use the various types of baby carriers available today and understand which is most suited to their own baby's development phase and needs. They also support new parents in recognising and developing their own skills and abilities in caring for their newborn babies.

Happy babywearing everyone!



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