



WRAP CARRIER



# THANK YOU

FOR THE PURCHASE OF YOUR NEW CHEKOH WRAP

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Now both you and your precious one will discover the immense benefits of babywearing. Your Chekoh Wrap will make life a little less stressful and a lot more peaceful.

Using any baby carrier can be a little daunting at first, but if you follow the easy instructions in this booklet and give it a little practice, we're sure you will be carrying your little one confidently, closely and securely in no time.

Safety is key, so please exercise caution when using your Chekoh Wrap. Ensure you are always wearing the wrap correctly and most importantly, that your baby is fully secure. Remember, the safety of your baby is your responsibility and the use of this wrap is at your own risk.

The journey you take with your child is an amazing one. We are so honoured to provide a carrier that will help you on your way and keep your baby close to your heart.

Be sure to take a look at our easy-to-follow video tutorials, available at the 'How To' tab at [www.chekoh.com](http://www.chekoh.com). If you would like any more information on technique or safe carry, feel free to contact us directly at [info@chekoh.com](mailto:info@chekoh.com), we are here to help.

Krystal Tupi  
Owner  
xx



# WEAR YOUR BABY SAFE

## TICKS GUIDELINES FOR SAFE BABY WEARING

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### TICKS

The wrap should be extra tight. Enough to hug your baby close to you as this will be most comfortable for you both. Any slack or loose fabric will allow your baby to slump down in the carrier which can hinder their breathing and pull on your back. A tight wrap ensures a high and firm hold.

### IN VIEW AT ALL TIMES

You should always be able to see your baby's face by simply glancing down. The fabric of a wrap should not cover their face so you have to open it to check on them.

### CLOSE ENOUGH TO KISS

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

### KEEP CHIN OFF CHEST

A baby should never be carried so their chin is forced down into their chest as this can restrict their breathing. Ensure there is always a space of at least a finger width under your baby's chin.

### SUPPORTED BACK

Baby should be held comfortably close to wearer so their back is supported in its natural position and their tummy and chest are against you. If wrap is too loose they can slump which can partially block their airways.



**DO NOT** wear whilst cooking and avoid any hot surfaces or liquids  
**DO NOT** use whilst swimming or in water  
**DO NOT** wear whilst sleeping  
**NEVER** wear your baby facing out  
**DO NOT** bend forward from the waist, always bend at the knees

# TUTORIALS

[WWW.CHEKOH.COM/HOW-TO](http://WWW.CHEKOH.COM/HOW-TO)

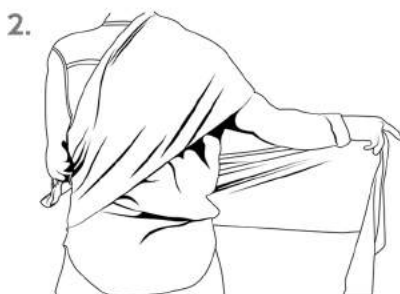
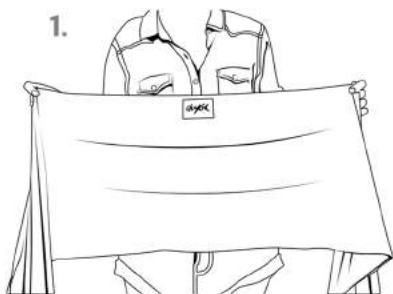
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The help doesn't end here, Mama!  
Watch our online tutorials for some helpful tips and tricks.



# TIE YOUR WRAP

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1. Use the Chekoh tag to center the middle of the wrap under your bust.

2 & 3. Criss cross the wrap around your back and over your shoulders ensuring the fabric is not twisted. Place both shoulder passes under the belt in front and pull down to tighten (wrap needs to feel **tight**, baby will fill out and stretch the pockets).

4. Apply the correct tension for a firm hold, then cross the two pieces and wrap around, securing it with a double knot.

5 & 6. Ensure wrap is tight so baby is held close, high and firm. If you feel baby is not secure, safely remove baby and tie wrap tighter. **The tighter the wrap, the firmer the hold.**





# CARRYING YOUR BABY

CHEKOH CARRY (RECOMMENDED FROM BIRTH)

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**1.** Place baby's feet in the pocket closest to your chest (one leg on each side). Spread the fabric pocket across the back of one knee to the other, ensuring full coverage of the baby.



**2.** Cross the second pocket over baby (as per step one); ensuring fabric pocket reaches from knee to knee. Baby's legs should be bent, with their knees higher than their bottom (in the 'M' position or a deep seated squat).



**3.** Pull the waist band with the tag up from under the baby's bottom, over their legs securing it high over baby's back. Your Chekoh tag should be centred and sitting under baby's neck.

Ensure baby's legs are bent at the knee, higher than their bottom and that the fabric pockets are covering knee to knee. Keep baby's face clear of fabric at all times.



# **⚠ WARNING**

FAILURE TO FOLLOW THE MANUFACTURER'S INSTRUCTIONS CAN RESULT IN DEATH OR SERIOUS INJURY. ONLY USE THIS CARRIER WITH CHILDREN WEIGHING BETWEEN 3-10kgs OR 6.5-22lbs.

## **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 THE BABY'S FACE IS UNCOVERED, CLEARLY VISIBLE, AND AWAY FROM THE CAREGIVER'S BODY AT ALL TIMES.
- MAKE SURE THE BABY DOES NOT CURL INTO A POSITION WITH THE CHIN RESTING ON OR NEAR THE BABY'S CHEST. THIS POSITION CAN INTERFERE WITH BREATHING, EVEN WHEN NOTHING IS COVERING 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 3kgs (6.5lbs) WITHOUT SEEKING THE ADVICE OF A HEALTH CARE PROFESSIONAL.

## **FALL HAZARD**

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



Carrier should hold baby in the same position as you would hold him in your arms.

**Correct:**  
Baby is high on wearer's chest, chin up, face visible, nose & mouth free

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Baby is high on wearer's chest, chin up, face visible, nose & mouth free

**Incorrect:**  
Baby is too low, face is pressed into wearer's body with nose & mouth obstructed

**Incorrect:**  
Baby is too low, face is pressed into wearer's body with nose & mouth obstructed



# FREQUENTLY ASKED QUESTIONS

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The help doesn't stop here. Please feel free to email us at [info@chekoh.com](mailto:info@chekoh.com), with any questions or queries on your carry technique. We have our certified Babywearing Educators ready to respond to you directly.

Please always ensure all TICKS Guidelines are being followed, check and check, often.  
(see page 4)



**Wash and Wear:** Please ensure you wash your carrier before use.

Our carriers are machine washable on a gentle cycle with environmentally friendly powder or liquid. Line dry your carrier in the shade or tumble dry on a low heat.



**Suitability:** Whilst your carrier is perfect to use from birth, for babies born prior to 38 weeks &/or under 3 kgs, please ensure you consult with your medical practitioner prior to use. Your Wrap can be used for baby up to 8-10 kgs, or approximately 6-8 mths old.



**Hip Healthy:** Our carriers have been deemed 'Hip Healthy' by the International Hip Dysplasia Institute. By ensuring your baby is carried and positioned correctly as demonstrated in this booklet, your little one will be supported and safe.



**Naturally Beautiful:** Our Wrap carriers are made with an exclusive blend of eco-friendly and sustainable bamboo and spandex, super soft on your baby's sensitive skin while being supportive and safe for a comfortable carry.

# GET SOCIAL

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