1. Remove mattress from crib.

2. Flip mattress over. Tightly wrap the long fabric around the mattress and secure it with the hook and loop fastening.

3. The two ends of the long fabric should meet on the underside of the mattress. If the long fabric extends beyond the underside of the mattress, your mattress may be too small for Reste.

4. Flip mattress right side up. Ensure that the grey oval is positioned as desired on the front side of the mattress. Ideal positioning is usually in the center of the mattress.

5. Pull the baby wrap through the side openings in the oval as shown.

6. Reach into the oval and pull the bottom part of the baby wrap through the bottom openings as shown. Secure the baby wrap to the bottom fabric with the hook and loop fastening. When your baby wrap is positioned as shown in Picture 6, you are ready to place your baby in the wrap.

7. Place baby in wrap on his/her back. The baby wrap should be positioned to go around baby's tummy, right underneath the armpits as illustrated. Pull the left side of the wrap over the baby snugly (not tightly).

8. Pull the bottom piece of the baby wrap through baby's legs and onto baby's tummy. Make sure that the bottom wrap does NOT cover baby's mouth or nose. NOTE: If using a slumber sack, tuck the bottom wrap underneath baby's back rather than looping it between baby's legs. Snuggly (not tightly) secure the right side flap over baby's tummy.