

⚠ WARNING: FALL AND SUFFOCATION HAZARD

FALL HAZARD

Infants can fall through a wide leg opening or out of carrier.

- Adjust leg openings to fit baby's legs snugly.
- Before each use, make sure all straps and knots are secure.
- Take special care when leaning or walking.
- Never bend at waist; bend at knees.
- Only use this carrier for children between 8 lb and 35 lb.

SUFFOCATION HAZARD

Infants under 4 months can suffocate in this product if face is pressed tight against your body.

- Do not strap infant too tight against your body.
- Allow room for head movement.
- Keep infant's face free from obstructions at all times.
- Child must face towards you until he or she can hold head upright.

SAFETY ADVICE

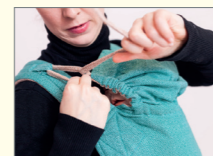
- Read all instructions before assembling and using the soft carrier.
- Check to assure all straps and adjustments are secure before each use.
- Check for ripped seams, torn straps or fabric before each use.
- Stop using the carrier if parts are missing or damaged.
- Ensure proper placement of child in product including leg placement.
- Child must face towards you until he or she can hold head upright.
- Premature infants, infants with respiratory problems and infants under four months are at greatest risk of suffocation.
- Never use a soft carrier when balance or mobility is impaired because of exercise, drowsiness or medical conditions.
- Never use a soft carrier while engaging in activities such as cooking and cleaning which involve a heat source or exposure to chemicals.
- Never wear a soft carrier while driving or being a passenger in a motor vehicle.
- Your balance might adversely affected by your movements and that of your child.
- For pre-term, low birthweight babies and children with medical conditions, please seek advice from a health professional before using the carrier.

PRODUCT DETAILS

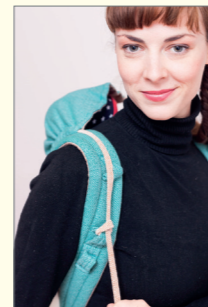
Fairtrade, made in Guatemala from babysling fabric that is guaranteed free from harmful substances and in the tried-and-tested GIRASOL quality. Combines the advantages of a wrap with the comfort and design of a modern baby carrier.

Recommended for children from 8 lb to 35 lb, from newborn to toddlers (app. 24 months).

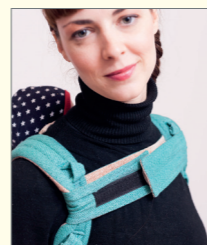
Head rest – front carry: Attach the head rest using the loops on the shoulder straps.



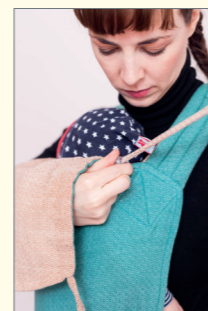
Head rest for back carry.



Complete view of the MySol®: reversible - you can wear it with either side facing out. Waist belt single-colored, shoulder straps two-colored.



The chest strap takes weight from your shoulders and prevents the shoulder straps from slipping off. Simply thread it under the shoulder straps and fasten with the velcro.



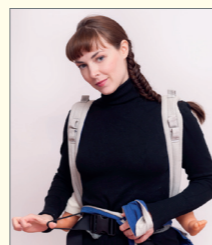
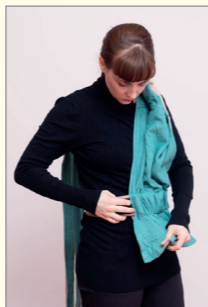
Adjust the neck width with drawstring and cord-lock.

Adjust the width of the back panel with the velcro inside the hip strap. Enlarge the back panel by threading the hip strap into the lower tunnel. Use upper tunnel for sizes 50 – 80 (newborn to 9 months). Use lower tunnel for sizes 80 – 98 (9 to 24 months).



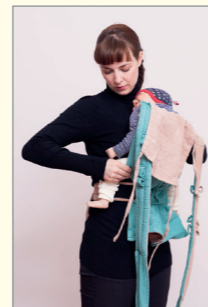
Optional: Waist belt with buckle. Allows for easy adjustment and enables you to carry your child higher up your back.

To adjust the width of the back panel loosen the velcro and pull the fabric on both sides evenly together. Fasten velcro.



Secure the buckle with the safety elastic. After putting on your carrier you pull the elastic band simply over the buckle. Roll up the ends of the belt strap and secure them with the elastic.

Check the width with your child. The adjustment is correct when the back panel reaches from knee to knee.



Thread the waist belt through the tunnel at the top of the hip bag.

BASIC ADAPTATION

The back panel of your MySols® grows in height and width according to your baby's growth. Adjust the width of the back panel. It is supposed to reach from knee to knee of your baby. The adjustment is right when baby's thighs form a right angle, that is approx. 90° degrees. You can easily adjust it by pushing the fabric together. The velcro sewn on the waist belt and inside the tunnels of the back panel holds it in place. You can influence the height of the back panel by varying the position of the waist belt: When your child grows, you position the waist belt a little lower until it sits on your hip ultimately. About children's size 80/86 (9 to 12 months) you take the waist belt out of the upper tunnel on the back panel and change to the lower.

CARE

- Pre-washed.
- Machine wash (30°C/ 86°F up to 60°C/ 140°F) in a washing net or pillow case with mild detergent on gentle cycle. No softener, no bleach. Do not tumble dry.
- Do not iron the shoulder straps and waist belt.
- Please check all seams and straps after washing.
- It is strongly recommended to wash the baby carrier only if absolutely necessary. Any washing is destructive to seams and fastenings.

ADDITIONAL HINTS AND INFORMATION

How tightly must my MySol® be tied?

In order to ensure perfect support for the baby and reduce the strain on the caregiver's shoulders, tie MySol® as firmly as possible. But don't worry – the soft babysling fabric will stretch and hug the infant's body like a second skin. For your baby it is just like being in the womb.

What's the correct height adjustment?

Using a shorter back section, i.e. where the waist belt runs through the upper tunnel, is suitable for newborns to children's sizes of about 80/86 (9 to 12 months) and perhaps even beyond – depending on whether the infant is being carried with her/his arms inside or outside the carrier. To carry bigger children you pull the waist belt out of the upper tunnel and thread it back into the lower tunnel to lengthen the back section.

How wide should the back panel be?

Particularly, for children up to walking age the width of the back panel is supposed to reach from one knee to the other. The child's legs should be spread apart by about 90° – this will promote perfect hip development.

To determine the width of the back panel, place your hands underneath the baby's thighs so that your fingertips meet at baby's bottom. Your fingertips should now touch at a right angle. If it is a bigger angle, you adjust the width by pulling the fabric together and secure it with the velcro fastener attached on the waist belt and inside the tunnels on the back panel. When your child is growing, you progressively widen the back panel.

How high should I tie MySol®?

With smaller babies, we recommend to tie the waist belt a littler higher up, i.e. at your waist. A lower position may be more pleasant with larger and heavier babies, because with the waist belt on your hip the child's weight is distributed more evenly. Regarding back carry, some children like to look over their parents' shoulders and thus want to be carried a little higher while others are happy in a lower position. Try different heights to find out what suits you and your child best.

Arms in or out?

As soon as the child is able to support himself on its forearms and hold his head up, he may take his arms out of the carrier. However, if the baby is sleeping or will fall asleep soon, it is better to provide back support up to the neck and bring the arms inside the carrier.

Is there anything I need to know when taking the baby out?

Please always undo the shoulder straps first before lifting your baby out of MySol® – only then untie and remove the waist belt. Otherwise the baby might slip out of the carrier. You can easily distinguish between the straps by their design: the waist belt is single colored while the shoulder straps have two colors (except for MySol®s with one design on both sides). Please check which knot to untie first.

Can I carry my baby facing out while using the front carry with MySol®?

In order to support the child's hip and spine development it is important to ensure the correct spread-squat-position. Also, a child facing out the carrier is unable to block out stimuli if she is feeling overstimulated. These needs can not be met when the baby is carried facing out. Curious babies who want to see more usually enjoy being carried on their parents' backs.

Find video tutorials here:

<https://www.girasol.de/en/instructions/>

MySol® the Meh Dai

by GIRASOL

Instruction Manual



The MySol® is a soft structured baby carrier based on the traditional Asian Meh Dai. It was developed by GIRASOL in collaboration with babywearing consultants. With the MySol® you can carry your baby simply, comfortably, safely and ergonomically – from newborn to toddler.

IMPORTANT! READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.

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INSTRUCTIONS FOR FRONT CARRY

From birth/ approx. 50 cm/ 3,5 kg (8 lb)

Put on the MySol® with the back panel hanging down. Make sure the back panel is attached to the upper rim of the waist belt.

Pull the waist belt as firmly as possible and secure it with a double knot behind your back. Take up your baby and allow her...



... to rest at your shoulder. Let her gently slide down your front until her bum touches the waist belt. Then place her in the centre of the back panel. The width of the panel material between the legs reaches from one knee to another.



One hand holds the baby while the other one places the shoulder strap over your shoulder. Pull up the back panel up to baby's neck and put the other shoulder strap on the other shoulder.

Firmly secure the shoulder straps behind your back ...



... and cross them while keeping them tight. Bring them back to the front ...



... pull tight again. Thread the straps under the baby's legs and secure them in a double knot under your baby's bottom.



Gently grip your baby's calves and 'slide' his bottom into the little pouch thus created.



The ideal posture: Baby's knees are a bit higher than his bottom, legs a little apart (spread by about a right angle).

INSTRUCTIONS FOR BACK CARRY

When the baby is able to support her/ his own head

From three to four months/ 4,5 kg (10 lb)

Put MySol® on your hip. Tie the waist belt on your other hip a little loosely so that you can move it a bit.



Take up your baby and put her on your hip. Let baby's bottom rest on the waist belt.



Pull up the back panel between baby's legs.

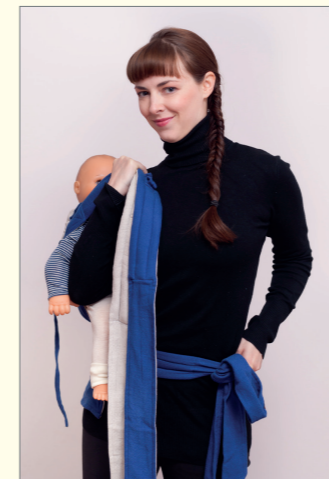


Take the shoulder straps together in front of your baby's face and hold them firmly in one hand.



Hold the shoulder straps with the hand closer to the baby. With your free hand ...

... you rotate the waist belt. Advice: If you pull in your stomach you can move the waist belt more easily.



Now you position MySol® in the centre of your back, holding both straps over one shoulder.



Part the shoulder straps. Take the strap of the other side, hold it tight and put it on your other shoulder quickly.



Pull the straps firmly downwards and ...

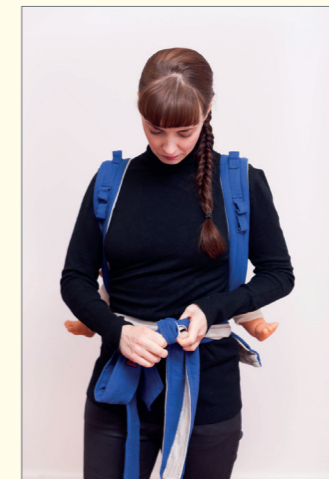


... pull them tight level to your belly button. Hold the tension of the shoulder straps, bring them to the back and thread them under the baby's legs. Advice: Stand straight up – your baby will wriggle less and you get the carrier closer to your body.

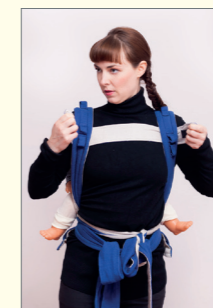
Cross the shoulder straps under the baby's bottom and bring them back to the front.



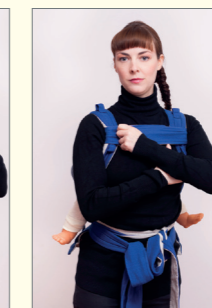
Tie the shoulder straps in a double knot in front of your stomach.



Check if the waist belt needs to be tightened.



Thread the chest belt through the shoulder straps ...



... and close it with the velcro fastener. Check the ends of the straps – they should not dangle beneath your knees. Done!

Note: Please make sure that the child's bottom does not slip between waistbelt and back.

HOW TO GET YOUR CHILD OUT OF THE BACK CARRY

Undo the knot of the shoulder straps and loosen them carefully while holding the tension. Lead the straps back, under baby's bottom, remove the cross and bring them to the front.



Take one of the straps, pull it tightly over your head and put it on the other shoulder.



Hold both straps firmly in one hand and keep them close to your child's head.



Hold the straps in one hand and pull with the other hand the waist belt, until your baby is on your hip.



Pass the straps from one hand to the other. Pull your free arm back between the baby and your body and ...



... take hold of your child.

Let the back panel down and take your baby out of the carrier. Then you untie the waist belt.

