

Calin Bleu baby wrap sling



- A simple baby carrier
- Suitable from birth to toddler
- Four carrying positions
- Excellent weight distribution
- Fits both mum and dad
- Easy to care for
- Simple step by step instructions
- Ideal for breastfeeding

The sling of happy babies



Calin Bleu wraparound baby sling

We hope that you are pleased with your new wrap.

Although a wrap looks a bit like origami at the beginning, after a few tries, you will find it easy and comfortable.

Below are instructions for some popular ways to wrap your sling, but once you get the hang of it feel free to invent your own or visit our website for more information.

Safety first

Your baby's safety is your responsibility. Read the safety information above carefully.

Before trying on your new wrap sling, make sure your baby is relaxed. If need be, practice with a doll first. If your baby gets upset, try again later. Once she is in, go for a little walk, babies tend to settle better that way.

Always secure your sling firmly with a double knot.

Always check your sling for any sign of wear. If you see any sign of wear or tear, stop using immediately.

Please use caution and common sense when carrying your child. Be aware of anything they can reach. We strongly advise against kind of activity involving hot or sharp instruments while carrying your baby like cooking, ironing, consuming hot drinks, etc... A sling is also not safe to use for strenuous physical activity.

Do not use the sling in place of a car seat.

The child's position

The baby should be sitting at "kiss-level", you just need to tilt your head forward to kiss her forehead. Her bottom should not be lower than your navel. If she is too low, your back will ache.

She should be sitting in a frog-like position; her knees higher than her bottom. That way, there is no pressure on her spine.

The wrap needs to be tied more tightly than you would expect. The fabric has enough "give" in itself to mould around you and your baby. If your back is aching, it's probably not tight enough. For stretchy wraps like the micro fleece, pull on the fabric as much as you can at each step until there is almost no stretch left.

The benefits of babywearing

Carrying your baby in a sling allows you to **keep your baby close** to you while **getting on with your life**, shopping, caring for older siblings, tidying the house, running errands...

You will soon find that **the more you carry your baby, the less they cry**. Research¹ shows that babies who are carried cry almost half as much.

Carrying your baby also helps your baby's **mental development**. Babies spend more time in a "quiet, alert state" when carried - the ideal state for learning. The baby can participate in the family's daily life while being in their parents' arms for reassurance. Feeling safe close to their carer, they can slowly learn to make sense of their surroundings.

Carrying your baby builds their **sense of trust and security** and a strong bond with their carer which is essential for them to become independent.

Why wraparound slings?

A wrap sling is a long piece of material which is wrapped around the baby and the carer. Because the principle is so **simple**, it is very **versatile**. You can use the same wrap from birth (eg. in a hammock carry) until about 2 or 3 years old (eg. in a backpack carry).

The same wrap can fit people of different sizes. There are no buckles or straps and almost no sizing.

Most carries spread the weight on both shoulders and close to your body making it a very comfortable way of carrying your child when they get heavier.

Age and weight guidelines

Age and weight are only a guideline. Depending on your own and your baby's size, you may carry your child more or less than indicated.

Calin Bleu wraparound slings can all be used from birth. Micro fleece wraps are most comfortable up to 12kg - 26lb (18-24 months) while other wraps can be used up to 15kg (2-3 year old).

Not just a sling!

Yes, the Calin Bleu is a wrap sling but you will find that it has **many uses**: a blanket to go to the park, a foot muff in the pushchair, a sheet with Mummy's scent to sleep with at the nursery, a travel changing mat, a blanket when it tuns colder than expected, a hammock, a parasol to protect them from the sun, the possibilities are endless!

¹ Hunziker, U.A. and Barr, R, G. (1986). Increased carrying reduces infant crying: a randomized controlled trial. *Pediatrics*, 77, 641-8.

Caring for your sling

Wash your wrap once **before using**.

It is tempting to try the sling out as soon as you receive it. Wash it first, to make it easier to tie and more comfortable. With the first wash, the fabric will often (yes, even the super soft cotton will), become “grippier” and achieve the nice “give” which makes it comfortable. Your sling will soften the more you use it, making it even **easier to tie**.

Wash bright colours separately at first. Wraps are best washed at 30oC or 40oC. Avoid tumble drying. Do not bleach. Do not dry clean.

A few more tips

When learning to wrap your sling, choose a time when your baby is **relaxed**. Ask **another adult** to help you.

Use a **mirror** and a doll to practice different positions.

When your baby falls **asleep**, bring the fabric over her head to support it.

Check regularly that you are keeping your **back straight** while carrying your baby. Don't bend.

Your baby will benefit from your body warmth so you don't need to dress them as warmly as in a buggy. But some warm socks or shoes are definitely a must when it gets cold!

You may find it more comfortable to wear only a shirt or tee shirt and add other layers after having wrapped the sling.

Further information

Visit our website for more information www.calinbleu.com

To find other sling parents around you, visit www.slingmeet.co.uk

You can also find other ways of tying your wrap on the following websites:

<http://www.thebabywearer.com>

<http://www.mamatoto.org>

Contact us

Visit our website www.calinbleu.com or email us at: info@calinbleu.com.

Don't hesitate to contact us if you have any questions, we are here to help.

The Wrap Cross Carry

This wrap is one of the easiest to master and very comfortable for both parent and baby. The Wrap Carry is the basic way to tie your sling, it feels very secure.



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1. Using the label as a guide, place the middle of the wrap around your waist, with the two ends behind you. It forms a belt where you will slide the baby. 2. Bring the right end side of the wrap behind your back and over your left shoulder. 3. Do the same thing on the other side. The wrap forms a cross on your back. Make sure the fabric is spread out and not twisted. **Pull on both sides of the fabric to make it tight. Don't loosen the 'belt', it should feel fairly tight, you almost need to wiggle the baby in.** This is the basic tying position.



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4. Place the baby in the 'belt', facing you. Her bottom should be at the level of your navel, her legs wide apart and the fabric spread from her thighs to her neck. The fabric should be tight enough to support her back. 5. Take the fabric on your right, pull again to make it tight and bring it along your baby's back and under her left leg. 6. Do the same thing on the other side.



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7. Bring the two ends behind your back or on your hip and tie. Adjust the wrap by spreading the fabric evenly along your baby's back and legs. 8. Make sure she is sitting in a frog-like position, bring her knees back up. 9. Now spread the fabric over your shoulders and back, you'll be more comfortable.

Top tips:

- Be sure the wrap is secured with a double knot and you're ready to go!
- Tie the wrap on your hip, it can be more comfortable, especially if you're seating down (in the bus...).
- Fold the wrap in half lengthwise beforehand. It can be easier to tie, and to avoid twisting the fabric.
- Check in the mirror that your baby is high as shown in the photo, her bottom no lower than your navel. Check that the fabric is well spread out and not bunched up or twisted.
- Make sure the fabric is on your shoulder, not your neck.

The Simple Cross Carry

The Simple Cross Carry is a variation of the traditional carrying position. It is nice and easy to pop baby in and out of the wraparound sling without untying everything. Since this carry uses a little bit less fabric, it is convenient for parents of different sizes who share the same wrap and for whom the wrap is too short for the wrap cross carry.



1. Using the label as a guide, place the middle of the baby sling around your waist on your back, with the two ends in your hands. 2. Bring the right end side of the baby sling across your chest and over your left shoulder. Do the same thing on the other side. 3. The wrap sling forms a cross on your back. Make sure the fabric is evenly spread out and not twisted, and bring the two ends of the baby sling around the front and tie. 4. Now bring your baby up and slide her into the wraparound sling and slide her legs on each side of the cross.



5. The baby sits securely on the cross formed by the fabric - if you tied the wraparound sling too loosely or tightly, adjust it. Adjust the baby's position so that she is sitting in the wrap, her legs wide apart in a frog-like position, her knees slightly higher than her bottom. 6. Spread the fabric from the baby's leg and all the way to her neck, and do the same thing on the other side. 7. Tighten the baby sling if need be with a double knot. If you feel the tails are too long, you can bring them one more time around your waist. And tie on your back or on your hip. 12. If your baby needs additional head support or falls asleep, you can bring one side of the wrap on her head.

The Hip Carry

Hip carries can be used from the moment your baby can sit unaided.

For your comfort, keep your back straight when carrying your child in this position and swap hips periodically.



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1. Find the middle of the fabric and place it over your left shoulder. 2 Cross on the right hip and tie with a double knot on the left hip. 3. Bring the baby up.



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4. Sit the baby on the cross. Make sure the baby is in a comfortable seated position, her legs higher than her bottom. 5. Spread out the inner layer of fabric so that it stretches from under her bottom to her back. Then spread out the outer layer across her back, bottom and her thighs. 6. You may find it more comfortable to do a "shoulder flip": take the hem closer to your neck and bring it down over your shoulder. This brings the baby closer to you. If the tails of your wrap are long, wrap it around your waist one more time.

Carrying your child on your back

Carrying your baby on your back is a wonderful feeling, you can get on with your life while keeping your child – little baby or heavy toddler – close to you.

Back wraps can feel a bit daunting at first, here are a few tips to get started:

Choose a moment when both you and your baby are relaxed.

Take your time, don't try to rush. You didn't learn to drive in one day!

Before trying to use the wrap on your back it helps to practice **step by step**: Pop baby on your back without the wrap. When you feel happy with this, try placing baby on your back with the wrap and then stop. Now you can try the first few steps of the instructions and stop again.

Once you feel confident with each step, you can try the whole tie from start to finish. This will ensure that you are comfortable with each stage and will quickly find it very easy to tie your baby on securely.

Until you are comfortable enough, ask **another adult** to stay close by.

Practice on a **soft surface**, in front of a **mirror** and give her a biscuit, it will keep your baby entertained while you wrap (shame about the crumbs in your hair!)

Choose a key phrase to remind your baby to lie still on your back while you wrap. Use it every time and you'll be surprised by the result.

Remember the 3 golden rules:

Baby sitting in the wrap. Your baby's legs should be wide apart with the knees higher than her bottom, in a frog-life position. This is true for all carrier but particularly important for back carries so that she doesn't slide down.

Spread the fabric, it should go from her knees, down her thighs, around her bottom and up her back.

Tighten the fabric as you wrap. Pull on the rails as you tie, they should be fairly tight (but not too much or the fabric would create pressure points). The bottom hem ensures she doesn't slide and the top one that she doesn't lean out.

Getting baby on your back

Starting from a chair or a sofa:

1. Spread the wrap on a sofa or a chair.
2. Sit the baby in the middle of the wrap. Stretch the fabric from her knees to her neck.
3. Sit in front of the baby with your hips at the level of her bottom.
4. Gently pull the wrap over your shoulders to bring her close to you.
5. Once she is tucked against you, keep leaning forward and continue with the chosen carry.

Above your shoulder:



1. Place the middle of the wrap on your baby's back and wrap the fabric just under her arms. 2. Pull together the fabric in your hand fairly tightly. Support her with your other hand, also under her arm. 3. Lift her up and swing her around your shoulder and onto your back. 4. Both ends of the fabric are on the same shoulder so carefully lift one side of the fabric onto your other shoulder and continue to wrap as usual.

Starting on your hip:



1. Wrap the cloth around your baby above her shoulders and sit her on your right hip. 2. Keep holding her close to you with your left hand and bring your right arm above her head and in the front. Then reach back over her bottom. Hold her tight. 3. Bring your left hand back in the front then under her bottom. Slide her over your back, still holding her tight with your right hand. Jumping slightly (and carefully) might help. 4. Adjust the fabric so that it's nice and taut, well spread from her knees to her back. This is important to feel secure and comfortable.

Back wrap with chest knot

This back wrap is a good wrap to start with. Tying the cloth on your chest makes it stable while you keep wrapping. It is very useful for stretchy wraps like the micro fleece wrap.

The wrap needs to be tightly tied to be comfortable. Remember to pull on the tails at each step to tighten it almost as much as you can.



1. Place your baby on your back choosing the method you prefer. Tie the wrap fairly tightly on your chest with a single knot. 2. Bring the right end of the fabric over your right shoulder. Catch it with your left hand. 3 and 4. Guide the fabric across her back and under her left leg, making sure it's evenly spread out.



5. Tuck the fabric between your knees. Then do the same thing on the other side.



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7 and 8. Pull again on both sides of the fabric to make it tight and tie a knot either in the front or in the back depending on how much fabric you have left. 9 This is how it looks from the side.



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10. Adjust the straps on your shoulders until you feel comfortable. 11. Once you're familiar with this tie, try the Back Wrap Cross Carry, just omit tying the knot on your chest (step 1.). It can be more comfortable (except for the micro fleece and jersey wraps).

The Crossed Rucksack

The rucksack is quick to put on, it works well with the gauze wraps. Crossing the wrap over the baby's bottom gives extra support.



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1. Using the method you're most comfortable with, get the baby on your back and keep leaning forward. 2. Bring the ends of the wrap over your shoulders. Take your time to spread out the fabric evenly and adjust the bottom hem, making sure that the cloth covers her thighs, bottom and back. Tuck the bottom hem under her pelvis and spread the wrap out over her shoulders. The wrap forms a kind of pocket for her bottom. Tuck the left end of the fabric between your knees while you tie the right side. 3. Bring the right end of the wrap under your arm, over her right leg and under her left leg.



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4. Tuck the fabric between your knees and do the same thing on the left side. 5. With light wraps like the Cool wraps, you might find it more comfortable to spread the fabric across the baby's back: the top hem just above the nappy line and the bottom hem well under her leg. 6. You can jump slightly (and carefully) to tighten the wrap. Pull again on both sides of the fabric to make it tight and tie a knot either in the front or in the back depending on how much fabric you have left. Adjust the straps on your shoulders until you feel comfortable.

IMPORTANT!

KEEP FOR FUTURE REFERENCE

Failure to follow the warning instructions for use and care can result in serious injury or death.

WARNING: Your balance may be adversely affected by your movement and that of your child.

WARNING: Take care when bending or leaning forward.

WARNING: This carrier is not suitable for use during sporting activities. Do not use your carrier while engaging in activities that might prove harmful to your baby.

Some activities which you would not normally consider to be dangerous could present a danger to your baby (cooking, cleaning, biking, using motorised vehicles or machinery).

Check frequently to make sure that your baby's chin is not pointing towards the baby's chest. There should always be room between the baby's face and your body or the carrier to provide a clear source of air.

The carrier is not designed as a car safety seat.

Do not leave the baby unattended in the baby carrier.

Do not bend at the waist when leaning down, always bend at the knee.

The carrier is subject to normal wear and tear during use. Before each use, carefully inspect the carrier for any sign of wear, loose seams, threads or separation.

If the carrier is damaged, do not use.

Keep the plastic bag away from children.

This baby carrier complies with EN 13209-2: 2005

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