

IMPORTANT: KEEP FOR FUTURE REFERENCE



kari me®

**Baby Carrier  
Instruction Booklet**

w w w . k a r i - m e . c o m



**We are delighted that you have decided to purchase this Kari Me and join the growing group of parents and carers who have chosen to carry their babies using our soft carrier.**

The western world has relatively recently started re-discovering the benefits of carrying babies close to the carer's body. This approach of raising babies has been continually maintained by many cultures all over the world.

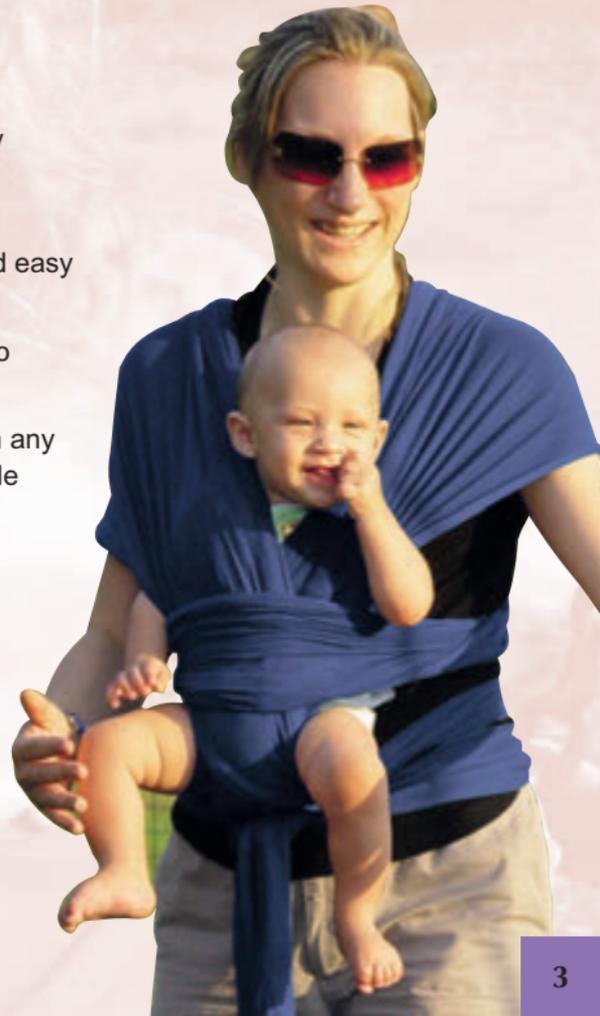
Researchers and physicians now accept that 'baby wearing' is one of the most important factors in the healthy physical, intellectual and social development of infants.

The benefits of using **Kari Me** are:

- Babies know that they are safe and secure, and have a solid sense of self-esteem.
- Encourages bonding with the carer.
- Can prevent or minimise colic and crying in young babies.
- Carried babies spend more time in the 'quiet alert' state, which is the optimum state for learning.
- At an eye-level view, babies can be at the centre of activity rather than the centre of attention.



- The carer's hands are free and they can continue their daily activities and chores, such as shopping, attending to other children etc.
- The **Kari Me** makes daily travelling with a baby smooth and easy and is especially useful for holiday travel.
- The **Kari Me** is lightweight and small, making it very easy to carry around.
- With four possible positions, **Kari Me** is more versatile than any other product currently on the market, allowing front and side carrying.
- **Kari Me** allows breast-feeding while carrying the baby.
- The **Kari Me** carrier can be used by infants from birth up to 3-4 years old or 15 Kg (33lb) toddlers.
- The product is suitable for different body shapes and sizes of both parent and child.
- Its organic and natural feeling is created by the composition of its fabric (over 90 percent cotton) and the simplicity of the product.





- **Kari Me** has better weight distribution than most other carriers, with more weight supported by the waist near the centre of gravity, releasing pressure from the back and shoulders. This is physically beneficial for new mothers, whose body is still vulnerable after birth.
- Its unique harnessing system allows the parents to carry their babies safely and comfortably for longer periods of time.
- The lack of fixtures, stitches and adjustments makes the **Kari Me** a very safe baby carrier.

For simplicity we have used the male form (him, his, he...) but these instructions are identical for female babies.

Please visit our website to download a PDF of the instruction manual at:  
**[www.kari-me.com](http://www.kari-me.com)**

If, like us, you feel strongly about promoting babywearing, please contact our care line + 44 115 933 5566 to receive an information pack about rewarding ways to do so.

## Warning

- For safety reasons, the carrier must only be used as instructed by this manual.
- Make sure that there is an open airway and sufficient ventilation for the baby at all times.
- Keep chin off the chest – a baby should never be curled so their chin is forced onto 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.
- Make sure that the carrier is secured to the carer's body with a double knot before holding the baby.
- Take care not to overheat your baby, this is particularly important in hot weather or high room temperature and when the baby has a fever.
- Inspect your baby carrier before every use. In the case of identifying any damage to the carrier, avoid using the carrier until contacting the product care line for advice.
- Do not use the baby carrier while cooking in front of an oven or any other source of heat.
- The carrier is suitable for babies from birth to toddler whose body weight is up to 15Kg.
- Your balance may be adversely affected due to movement of you and your child.
- Take great care when bending or leaning forward.
- Do not go to sleep while wearing your baby in Kari Me baby carrier.



*continued on page 6*

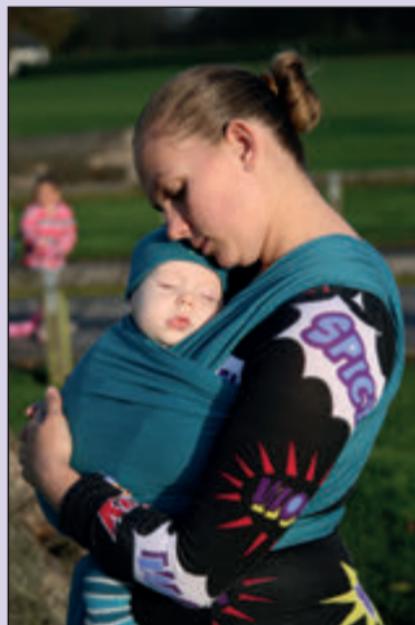
## Warning

- This carrier is not suitable for sports activities.
- To avoid the risk of suffocation: keep the carrier bag away from babies and small children. Do not let your baby or toddler play with the carrier.
- The age range recommended for each position should be followed, however further consideration should be made for the baby's weight, development, comfort, and the carer's preference and physical condition.
- In case you have any queries regarding the usage of the carrier please call the product care line.

	Birth	Good head support (4 months)	Sit up (10-12 months)	15Kg
Cuddly	✓	✓	✓	✓
Huggy (Tummy to tummy)	✓	✓	✓	✓
Baby faces the world	✗	✓	✓	✓
Side position	✗	✗	✓	✓

## WASHING INSTRUCTIONS

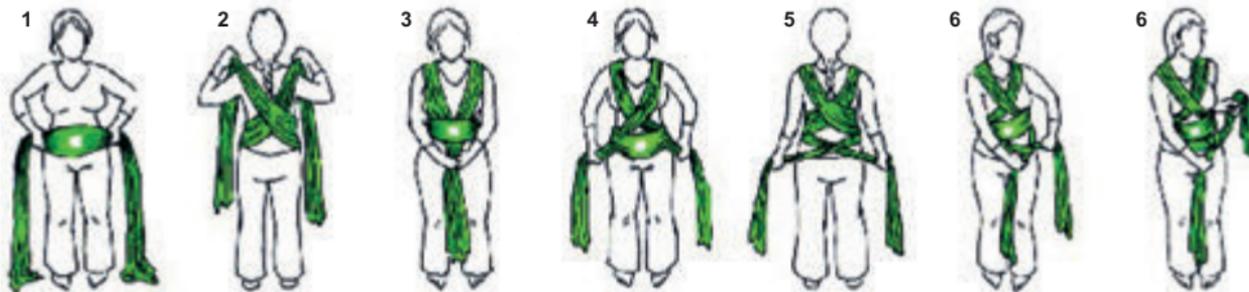
- You can wash your **Kari Me** in a washing machine at 30°C - 40°C
- Do not tumble dry
- One dot iron



# Basic Front Knot

This is the place to start using your new **Kari Me** baby carrier. The basic knot is the basis for all of the positions: Cuddly, Huggy, Baby Faces the World & side. After applying this knot you can move to the desired position's instructions.

**Important:** The carrier should be close to your body and not loose. If your baby is held too low or wiggling about when you walk, take him out, undo the knot, then tighten the straps and re-tie the double knot.



**1** Hold the fabric over your tummy with the logo facing out at the centre of your body.

**2** Cross the straps behind your back and bring them to the front over your shoulders.

**3** Using one hand hold the two straps and pass them under the front belt with the logo.

**4** Cross the straps again in front of your body.

**5** Take the straps behind your back and cross them again.

**6** Bring the straps to the front. Tie using a **double** knot at the side of your body.

**TIP:** If you travel by car, wear the **Kari Me** at home before leaving. On arrival, all you have to do is simply take the baby out of the car seat and place them into the **Kari Me**.

# Cuddly

This position can be used from baby's birth and it is ideal for sleeping or breast-feeding. The Cuddly position will give the young baby all the warmth and surrounded feeling he requires at these initial stages. Start by applying the basic knot and then follow the instructions step by step.



**1** Slide the outer strap, which crosses your chest, off your shoulder.

**2** Using both hands spread the remaining strap wide open over your other shoulder and arm. Fold the fabric in half and gather it over your shoulder, creating a sling style pocket between the two layers of fabric.

**3** Carefully place the baby within the pocket you have just created.

**4** Pick up the strap you have slid off your shoulder and reposition it over your shoulder and across your baby.

*continued on page 9*

# Cuddly

Follow these instructions to complete the Cuddly position.

**Note: a baby should never be curled so their chin is forced onto their chest as.**



**5** Spread the fabric over the baby and your shoulder to achieve soft and secure support.

**6** Stretch the fabric strap with the logo over the baby shoulder to achieve the final position.

## NOTES

- To achieve the best position for breast feeding take the baby's lower arm out of the carrier, between your arm and the side of your body.
- To increase the carer's comfort, increase the fabric surface area over your waist and shoulders.
- To undo please reverse the steps (6-1) while supporting the baby at all times.

# Huggy (Tummy to Tummy)

This position can be used from birth. When using this position at an early age (before the baby can support his head properly) the baby's head must be always supported by the fabric. The position is suitable for moving around with your baby and while putting him to sleep. Start by applying the basic knot and then follow the instructions step by step.



**1** Slide the external strap, crossing your chest, off your shoulder.



**2** With that arm, cradle your baby whilst supporting his head. At the same time, with your free hand, pull the remaining strap away from your chest.



**3** Bring the baby up towards your chest and insert the strap in between the baby's legs and over his shoulder.



**4** Spread the fabric wide to achieve a comfortable sitting area.



**5** Pick up the strap you have slid off your shoulder and reposition it between the baby's legs.

*continued on page 11*

# Huggy (Tummy to Tummy)

Follow these instructions to complete the Huggy (Tummy to Tummy) position.



**6** Spread the fabric wide underneath baby to create a nice, deep seat. Position the baby with knees higher than his bottom, like a frog.



**7** Stretch the fabric strap with the logo over the baby to achieve the final position. To increase the carer's comfort, increase the fabric surface area over your waist and shoulders.



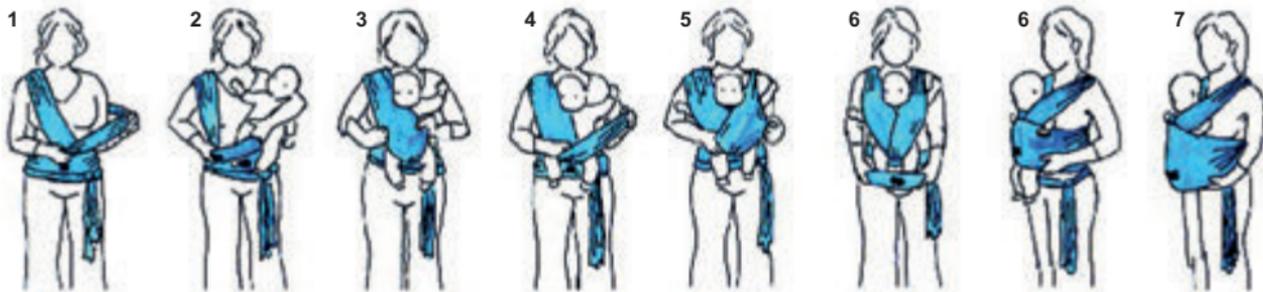
**8** **Important:** For younger babies, use one of the shoulder straps to support the head (see photo page 2). On cold days spread the fabric to get better thermal protection over their legs, arms and head.



**NOTE:** To undo please reverse the steps (8-1) while supporting the baby at all times.

# Baby faces the World

This position can be used when your baby has reached the stage where he can support and turn his head freely to the sides. Start by applying the basic knot and then follow the instructions step by step. It is recommended to limit the carry in this position for up to 30-40 minutes at a time. This position provides less support to the baby's spine and the parent's back. The surrounding stimuli may be overwhelming and tiring for some babies while they cannot face away and turn to look at the parent.



**1** Slide the external strap, crossing your chest, off your shoulder.

**2** Hold your baby using one hand facing away. Insert the remaining fabric strap between his legs and over his shoulder.

**3** Spread the fabric wide to achieve a comfortable sitting area.

**4** Pick up the strap you have slid off your shoulder and reposition it between the baby's legs and over his other shoulder.

**5** Spread the fabric wide to achieve a comfortable sitting area. Ensure the fabric is comfortable around the baby's neck.

**6** Stretch the fabric strap with the logo over the baby to achieve the final position.

**7** On cold days or for better support, spread the fabric over the baby's legs and hands.

**NOTE:** To undo please reverse the steps (7-1) while supporting the baby at all times.

# Side Position

This position is suitable for babies from 6 months old and is good for older toddlers as well. This hip carrying position allows the baby to explore the world while feeling close to his parent. Unlike other slings, the baby's weight is distributed across both shoulders, back and waist.

**Instructions:** Follow the instructions on page 10-11 to achieve the Huggy position. Then continue with the instructions below.



**1** Start by putting the baby in the Huggy position (as in pages 10-11).

**2** Shift the baby to one side until he sits comfortably over your hip.

**3** Free the baby's arm at your front and leave the other arm under one of the shoulder straps. When the baby is asleep you can support his head with the strap that covers his arm. You can also cover the other arm for extra support.

# The **T.I.C.K.S.** Rule for Safe Babywearing

**T**ight

**I**n view at all times

**C**lose enough to kiss

**K**eeP chin off the chest

**S**upported back

**Tight** – slings and carriers should be tight enough to hug your baby close to you as this will be most comfortable for you both. Any slack/loose fabric will allow your baby to slump down in the carrier which can hinder their breathing and pull on your back.

**In view at all times** – you should always be able to see your baby's face by simply glancing down. The fabric of a sling or carrier should not close around them so you have to open it to check on them. In a cuddly position your baby should face upwards not be turned in towards your body. If you breastfeed in the carrier, you must make sure the baby has an open airway (through his/her nose).

**Close enough to kiss** – your baby's head 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 the chest** – a baby should never be curled so their chin is forced onto 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** – in an upright carry a baby's back should be supported. If a sling is too loose they can slump which can partially close their airway. A baby in a cuddly position should be positioned carefully with their bottom in the deepest part so the sling does not fold them in half, pressing their chin to their chest.





# Baby Carrier Instruction Booklet

Distributed by Robin's Textiles Ltd

**Customer Care**  
**+44 115 933 5566**  
**[www.kari-me.com](http://www.kari-me.com)**

Design: TIG - [www.tig.uk.net](http://www.tig.uk.net) 0800 975 7514

