




Hip Baby Wrap Instruction Booklet

 Safety Warnings & Rules

 Step-by-Step Instructions





The **Hip Baby Wrap** is easy to use, looks great and allows caregivers to carry their growing babies conveniently and comfortably while promoting positive physical, mental and emotional development.

The designers of the **Hip Baby Wrap** strongly believe in the benefits of babywearing and are excited to introduce a wrap that makes wearing your baby natural, fun and fashionable. Raising happy, connected babies is the **Hip Baby Wrap** goal!



Using your new Hip Baby Wrap

- **Carefully read and follow all printed instructions and diagrams and review instructional videos (if applicable) before using the wrap.**
- **Keep instructions for future use.**
- **Using the wrap requires practice. Practice over a soft environment and work with the assistance of another person while learning how to use the wrap.**
- **Wash wrap before use. Fabric will become softer and more pliable after wash.**

Washing Instructions

100% cotton. Wash and dry wrap before first use. Cold machine wash separate with mild detergent on gentle cycle. Tumble dry on low cycle (line dry if you do not want fabric to shrink). Do not machine wash frequently. Do not use bleach. Spot clean as needed.



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Mail: 11230 Gold Express Dr. #310-184 • Gold River, CA 95670
www.hipbabywrap.com • info@hipbabywrap.com • (916) 905-2777



SAFETY WARNINGS & RULES



WARNING FAILURE TO FOLLOW THE MANUFACTURER'S INSTRUCTIONS CAN RESULT IN DEATH OR SERIOUS INJURY. FOLLOW PROPER PLACEMENT AND USE INSTRUCTIONS PROVIDED BY THE MANUFACTURER. DO NOT USE BEFORE READING THE INSTRUCTIONS. READ ALL INSTRUCTIONS BEFORE ASSEMBLING AND USING THE WRAP. USER MUST ALWAYS KEEP BOTH HANDS FREE TO PROTECT BABY.

CHEST WRAP OPTION – ONLY USE WRAP WITH BABIES WEIGHING BETWEEN 8 AND 35 POUNDS. ALWAYS FACE BABY TOWARDS USER.

HIP WRAP OPTION AND BACK WRAP OPTION – ONLY USE WRAP WITH BABIES WEIGHING BETWEEN 8 AND 35 POUNDS THAT ARE AT LEAST 6 MONTHS OLD AND THAT CAN HOLD THEIR HEAD CONSISTENTLY UPRIGHT ON HIS/HER OWN. ALWAYS FACE BABY TOWARDS USER.



WARNING FALL HAZARD – BABY CAN FALL IF WRAP IS IMPROPERLY USED OR IF USER LEANS, BENDS OVER OR TRIPS. KEEP ONE HAND ON BABY WHILE MOVING. FOLLOW THE MANUFACTURER'S RECOMMENDED WEIGHT RANGE WHEN USING WRAP. ADJUST LEG OPENINGS TO FIT BABY'S LEGS SNUGLY AS BABY CAN FALL THROUGH OPENINGS. ALWAYS KEEP BOTH HANDS FREE TO PROTECT HIM/HER AT ALL TIMES. DO NOT USE WHILE ENGAGED IN STRENUOUS OR HAZARDOUS ACTIVITIES (E.G., COOKING, IN A VEHICLE, HANDLING HOT BEVERAGES, JOGGING). ENSURE WRAP IS SNUGLY ACROSS BABY'S BACK AT ALL TIMES.



WARNING SUFFOCATION HAZARD – BABY CAN SUFFOCATE FROM IMPROPER USE. ENSURE BABY IS BREATHING PROPERLY AT ALL TIMES. BABIES YOUNGER THAN 4 MONTHS CAN SUFFOCATE IN WRAP IF FACE IS PRESSED TIGHTLY AGAINST YOUR BODY. CHECK OFTEN TO MAKE SURE BABY'S FACE IS UNCOVERED, CLEARLY VISIBLE AND ABOVE ALL FABRIC, UNOBSTRUCTED AND AWAY FROM CAREGIVER'S BODY AT ALL TIMES. MAKE SURE BABY'S FACE IS NOT PRESSED AGAINST HIS/HER OR THE CAREGIVER'S CHEST. MAKE SURE BABY DOES NOT CURL INTO A POSITION WITH THE CHIN RESTING ON OR NEAR BABY'S CHEST AS THIS POSITION CAN INTERFERE WITH BREATHING, EVEN WHEN NOTHING IS COVERING THE NOSE OR MOUTH. IF NURSING BABY IN WRAP, ALWAYS REPOSITION BABY UPRIGHT WITH HEAD UP AND FACE FREE FROM OBSTRUCTION AFTER FEEDING SO BABY'S FACE IS NOT PRESSED AGAINST CAREGIVER'S BODY. NEVER USE WRAP WITH PRETERM BABIES OR BABIES SMALLER THAN 8 POUNDS WITHOUT FIRST SEEKING THE ADVICE OF A HEALTHCARE PROFESSIONAL. BABIES AT GREATEST RISK OF SUFFOCATION INCLUDE THOSE YOUNGER THAN 4 MONTHS OF AGE, BORN PREMATURELY OR THOSE WITH RESPIRATORY PROBLEMS AND SHOULD NOT USE WRAP WITHOUT FIRST SEEKING THE ADVICE OF A HEALTHCARE PROFESSIONAL.



NO
Baby's face
is covered



NO
Baby is
too low



NO
Baby is hunched,
chin touching chest



NO
Baby's face is pressed
tight against wearer



YES
Chin up! Face visible!
Nose and mouth
NOT covered!

Safety Rules

The wrap is not a safety device on its own. It is designed to assist in carrying baby. User is responsible for the safety of baby while he/she is in the wrap.

Always be aware of baby's position in the wrap and frequently check to ensure that baby is properly and securely wrapped. Ensure that baby is safely positioned in the wrap according to manufacturer's instructions for use.

Check on baby often and ensure baby is repositioned periodically.

Keep one hand on baby while moving. Support your baby with your arms when leaning or bending over. Always bend with your knees.

Examine wrap before each use for wear and tear, including ripped seams, torn fabric or straps, and damaged hardware. Check to ensure all straps and adjustments are secure before each use. Do not use if wrap looks frayed or if any seam or strap is coming apart or otherwise seemingly defective.

Always check to ensure that all knots, buckles, snaps, straps and adjustments are secure.

When using the wrap while breast-feeding, always move the baby's face away from the breast after feeding and then reposition baby upright.

Always check your balance as the weight of baby or baby's movement can affect your balance and cause you and/or baby to fall.

Both hands should always be available and free to protect baby from possible danger when using the wrap.

Do not use if you have physical problems that might interfere with the safe use of the wrap, including muscular or skeletal problems, problems with balance or dizziness or painful disorders of the back or legs.

Do not use when balance or mobility is impaired for reasons including exercise, pregnancy, drowsiness, medical conditions, alcohol, drugs, etc.

Do not use during hazardous or strenuous activity, including cooking, or while next to, or exposed to any heat source or chemicals, cleaning, in a vehicle, handling hot beverages, jogging, bicycling, etc.

Protect baby from the elements. Do not let baby become too cold or too hot in wrap or become overly exposed to sun. Do not overdress baby, especially indoors or in warm weather. Check baby frequently to ensure baby is safe and comfortable in the wrap.

Never use the wrap while driving or being a passenger in a motor vehicle or bike.

Do not use in water.

Do not wear with baby facing out. Baby should always face user when in wrap.

Practice using the wrap only over a soft environment and with the help of another person to secure baby.

Never place more than one baby in the wrap. Never use/wear more than one wrap at a time.

Immediately discontinue use of the wrap and consult a qualified caregiver if you develop pain as a result of using the wrap.

Do not leave baby in the wrap if not worn.

The wrap is not fire resistant or retardant.

Do not use the wrap with an uncooperative baby.

Be aware of what baby can reach from wrap. Keep baby away from dangerous objects at all times.

Do not put loose items in the wrap with your baby that are potential choking hazards, or that might poke your baby or cover his/her face.



STEP-BY-STEP INSTRUCTIONS

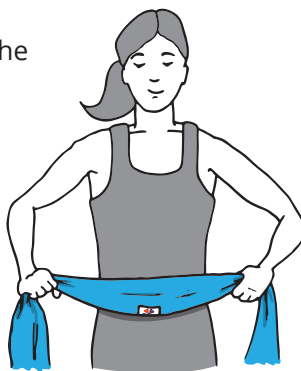
Using the wrap requires practice. Practice over a soft environment and work with the assistance of another person while learning to use the wrap.

CHEST WRAP OPTION

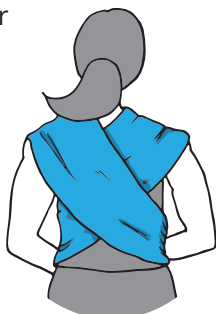
ONLY USE WRAP WITH BABIES WEIGHING BETWEEN 8 AND 35 POUNDS. These instructions are to be read in conjunction with the demonstrative pictures provided. Always face baby towards user. Support baby at all times while wrapping and inserting baby into the wrap. Do not use the wrap with an uncooperative baby.

⚠ WARNING Positional Asphyxia (suffocation) can occur in young babies. This can happen when baby's chin is pressed against his/her chest, restricting airflow. **Check to ensure that baby's airway is unobstructed and baby is breathing regularly at all times**, especially when sleeping.

1. Place the wrap across your waist with the logo tag centered at your abdomen.



2. Wrap the ends of the wrap behind your back. Make an "X" on your back by crossing the two ends up over your shoulders.



3. Bring baby up on your shoulder.



4. Gently lower baby into the fabric running across your abdomen by putting both legs through the fabric piece. Tuck fabric under baby's bottom to create a seat, and spread fabric up and over baby's back and shoulders to secure baby.



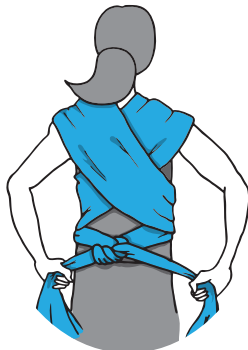
5. Holding baby securely, bring one fabric end over baby's back towards your opposite hip and guide under baby's leg.



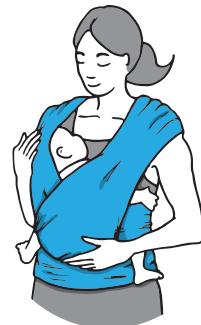
6. Repeat with the other fabric end, making sure you keep both fabric ends pulled snugly as you wrap.



7. Wrap fabric ends behind your body. Tie in a double knot behind your back.

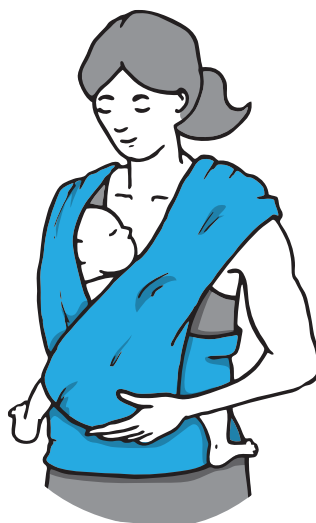


8. Keep both hands free to protect baby from danger while using the wrap.



9. Make sure baby's mouth and nose are visible and above all fabric and feel to make sure baby's chin is lifted off chest at all times.

Adhere to all safety precautions when using the wrap. Keep both hands free to protect baby from danger while using the wrap. Baby should be snug against your body and high on your chest. Baby's knees should be hip level or higher and not tucked underneath.



Taking Baby Out of Chest Wrap

1. To remove baby, open fabric that is crossed over the baby. Carefully support baby as you do this (newborns will require additional head and neck support).
2. Lift baby straight up and out of the wrap. Use both hands and keep baby close to your body as you lift up.

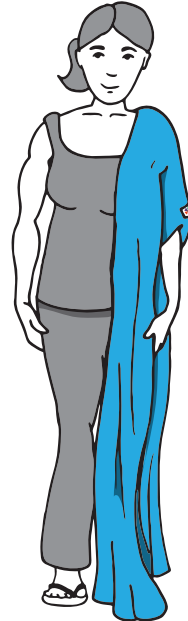


HIP WRAP OPTION

ONLY USE WRAP WITH BABIES WEIGHING BETWEEN 8 AND 35 POUNDS THAT ARE AT LEAST 6 MONTHS OLD AND THAT CAN HOLD THEIR HEAD CONSISTENTLY UPRIGHT ON HIS/HER OWN. These instructions are to be read in conjunction with the demonstrative pictures provided. Always face baby towards user. Support baby at all times while wrapping and inserting baby into the wrap. Do not use the wrap with an uncooperative baby.

1. Start by draping the wrap evenly across either your right or left shoulder depending on which side you want to carry your baby (these instructional pictures demonstrate carrying your baby on your right side).

When done correctly, the logo tag should be located on your arm at the location shown in the picture. Wrap must always stay secured to this shoulder.



2. Cross wrap at opposite side hip with the front piece on top and the back piece on bottom.

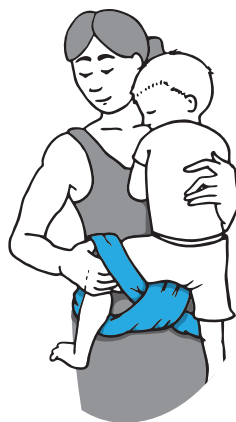


- 3.** Bring top piece around the back, and bottom piece around the front of your waist and securely tie a double knot at the same hip as the logo tag. Leave sufficient slack in wrap to insert baby in accordance with the next steps.



- 4.** Insert baby into the wrap at the hip opposite the logo tag as follows:

- a.** Lift baby up to your shoulder level, pull out bottom fabric cross piece, and lower the baby's left leg through the fabric.



- b.** Pull out top fabric cross piece and lower the baby's right leg through the fabric.



5. Pull up and spread bottom fabric piece out to cover baby's bottom and create a seat for baby. Fabric should spread from the hollows of baby's knees and up to the middle of his/her back.



6. Pull up and spread top fabric piece out to cover baby's bottom and reinforce the seat created in [Step 5](#). Fabric should spread from the hollows of baby's knees and up to the middle of his/her back.



7. If extra fabric remains after tying double knot in [Step 3](#), tie excess fabric up around baby's back for extra support.



8. Make adjustments where needed to make the wrap feel comfortable for you and safe and secure for baby. Keep both hands free to protect baby from danger while using the wrap. Baby should be snug against your body and the knees should be hip level or higher.

Adhere to all safety precautions when using the wrap.



Taking Baby Out of Hip Wrap

1. To remove baby, loosen fabric while keeping one hand on baby for support.
2. Lift baby straight up and out of wrap. Use both hands to lift baby and keep baby close to your body as you lift up.



Breastfeeding/Cuddle Hold

Once Hip Wrap Option is properly wrapped, slide baby in the wrap to the front of your body. Always brace baby with two hands while moving into and from, and while in, Breastfeeding/Cuddle Hold.

Adhere to all other safety precautions set forth in these instructions for using the wrap while in Breastfeeding/Cuddle Hold.

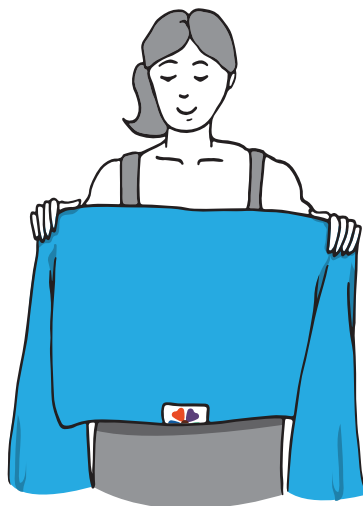


Always be aware of your baby's position in the wrap and check frequently to ensure your baby is safe and secure in the wrap. Always keep both hands free to protect him/her.

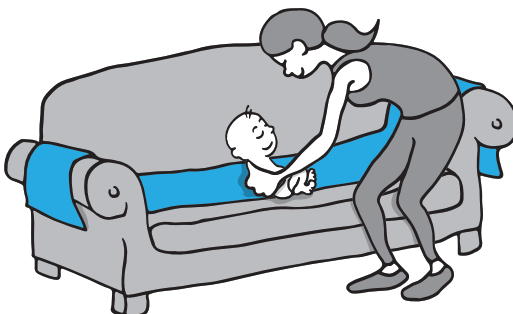
BACK WRAP OPTION

ONLY USE WRAP WITH BABIES WEIGHING BETWEEN 8 AND 35 POUNDS THAT ARE AT LEAST 6 MONTHS OLD AND THAT CAN HOLD THEIR HEAD CONSISTENTLY UPRIGHT ON HIS/HER OWN. These instructions are to be read in conjunction with the demonstrative pictures provided. Always face baby towards user. Support baby at all times while wrapping and inserting baby into the wrap. Do not use the wrap with an uncooperative baby.

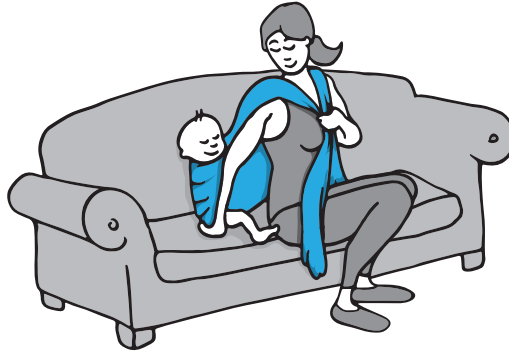
1. Find the approximate middle of the wrap.



2. Lay wrap across couch, then sit baby safely in the center of the fabric.



3. Sitting in front of baby, bring one end of wrap over each shoulder.



4. With one hand under baby's bottom and the other holding the fabric in front of your body, pull baby into and on to your back.



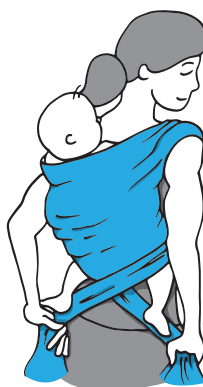
5. Pull fabric tight while keeping a hand under baby's bottom and supporting baby. Pull fabric underneath baby's bottom to create a seat to support baby. You can stand at this point if you like.



- 6.** Bring each fabric strap down and back, crossing over baby's legs. **Do not continue on to this step unless the fabric brought under baby's bottom in [Step 5](#) is secure and supporting baby.**



- 7.** Cross the straps under baby's bottom, then bring them back to the front, under baby's legs.



- 8.** Hold the left end between your legs and thread the right end through the left arm strap.



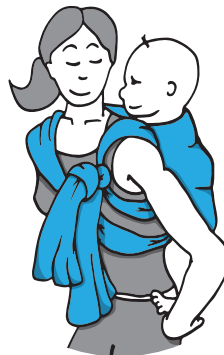
9. Tighten the end with your left hand and grab the other end with your right.



10. Now thread the left end through the right arm strap and tighten both ends.



11. Tie double knot together in the middle. Make adjustments as needed to ensure the wrap is comfortable and that baby is safe and secure.



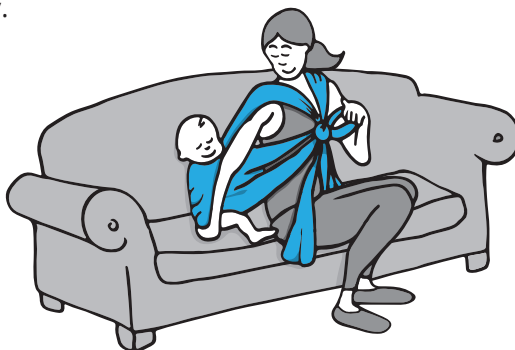
12. Keep both hands free to protect baby from danger while using the wrap. Make adjustments where needed to make the wrap feel comfortable for you and safe and secure for baby. Baby should be snug against your body and the knees should be hip level or higher.

Adhere to all safety precautions when using the wrap.



Taking Baby Out of Back Wrap

Gently sit down on couch and loosen double knot while holding each end of the wrap firmly. Gently loosen the wrap and slowly release baby while bracing baby at all times to ensure his/her safety.





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*Check out our lightweight,
handloom nursing poncho!*





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wear your baby*

