



Tips: **t** means TIP

- 1 Read carefully all directions and diagrams before use.
- 2 Be sure to have someone assist you the first couple of times you practice using the carrier.
- 3 Standing in front of a mirror the first few times of loading can be helpful for you and your baby.
- 4 Stand or sit on a soft surface while practicing.
- 5 For those with a longer torso we suggest wearing the waist belt up higher than you might ordinarily, around the belly button level. If you have a short torso, try wearing the waist belt around your hips.
- 6 Contact your supplier for more assistance if needed.



Female Buckle



Male Buckle

## Directions for Front Carry Position

**t** You may use this position as soon as baby is ready to sit with legs wrapped around your stomach and the neck is strong enough to support the head. For infants prior to this stage, the ERGO Infant Insert is recommended.

**t** The Chest Strap can slide up and down on the shoulder straps and should be located across the upper part of your shoulder blades, high enough that it can be fastened with your hands behind your neck. The Chest strap has adjusters that tighten the strap around each shoulder strap to help keep the chest strap stationary.



1 Securely fasten waist buckle feeding male buckle under elastic and into female buckle. Allow body of carrier hang down in the front. Bring your baby to your chest with legs on either side of you and hanging over waist belt. Bring body of carrier up over baby's back.



2 With right hand supporting your baby, reach for the left shoulder strap with the left hand and place it on your shoulder.



3 Switch hands to support your baby and the carrier and bring the second shoulder strap in position on the shoulder.



4 Bring both hands behind the neck and reach for the chest strap. Engage the buckle and tighten the strap to secure the shoulder straps. If this position is difficult for you, you can experiment with fastening the buckle before step 1 and raising the chest strap over your head after step 2.

## Directions for Moving Baby from Back Position to Front Position



1 Lengthen shoulder straps by lifting up on the adjusters or end of the buckles. Unfasten chest strap.



2 Slide right strap off shoulder. Continue to hold shoulder strap.



3 Move your right hand behind baby to support the shift of weight.



4 With your left hand, grasp waist belt at your right hip and move belt to your left as you move baby to your right hip. Some slight bouncing up and down can be helpful in sliding waist belt and shifting baby to the hip. When baby is on right hip, support baby with your right arm as you slide the left strap off shoulder.



5 Finish moving baby and carrier to front.



6 When baby is centered in front, support baby with alternate hands while sliding straps onto shoulders. Fasten straps between shoulder straps from behind your neck

**t** Lengthen shoulder straps when nursing to allow baby to drop down lower. Also raising breast up to baby's mouth can be helpful.

## Directions for Back Carry Position



**t** This carrying position should only be used when your baby's head is stable and the neck is strong.

**1** Place carrier on your back with shoulder straps on shoulders. Fasten belt snugly but comfortably around waist. The male buckle should be fed under the elastic on the waist belt and into the female buckle. Slide right strap off shoulder.



**2** Balance baby on right hip. Slide left hand between the carrier and your body near waistline **under** black webbing with back of hand touching your back. Take a hold of baby's left foot and pull it through carrier.



**3** At the same time bend forward as you begin to shift baby's weight to your back. Be aware that baby's leg should be **under** the black webbing attached to the side of the carrier.



**4** Once baby's leg is through carrier, move your left hand around your back to hold baby and carrier close to your body as you rotate and center baby into the small of your back. Still bending forward, continue to support baby with your left hand as you move your right hand through shoulder strap, adjusting it to shoulder, then stand upright. Fasten chest strap and tighten. Chest strap should be at armpit level.



**t** Tighten shoulder straps to hold baby close to your body. If baby is hanging away from body or you feel it necessary to bend forward to compensate for baby's weight, then tighten shoulder straps more.

**t** Baby should be centered in the carrier at this point. Some slight bouncing up and down while pulling on one leg and opposite side of carrier can be helpful in adjusting baby's position in carrier.

**t** If carrier seems to ride lower on baby's back, grip sides of carrier at the black webbing or pull up on shoulder straps and bounce a little to encourage baby's weight to fall further towards the waist belt. Baby should be sitting in a pouch.

## Directions for Sleeping Hood

**t** Babies do not generally like to have the hood practiced on them while they are awake.

**t** Hood can also be used as a sun shield.



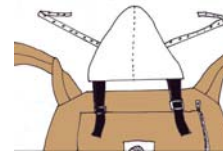
**1** When baby has fallen asleep, (often indicated by bobbing head) lean forward so head is lying in the center of your back. The straps for the hood can be stored attached to the D-rings on the side of the carrier. This way the ends of the straps are easy to find and unsnap, ready for use.



**2** Grab the ends of the straps and bring hood up over baby's head.



**3** Still leaning forward, feed Straps through D-Rings on the Chest Strap and affix to snaps to hold the head firmly to your back.



**t** Two adjusters on the Hood allow you to change the length to fit the size of your baby.



**4** You will want to affix the Snaps tighter on the side of the head and not so tight across the face.

## Direction for Back Position with Piggy Back Method



**t** This method should be used with an older baby that can help hang on.

**1** Securely fasten waist buckle with male buckle adjuster under elastic on waist belt and allow body of carrier to hang down in the back.



**2** Put baby/child on back as if to give a piggy back ride.



**3** When child is sitting on back, lean forward and support by wrapping one arm around the back of child pressing to your back. With the free hand grab shoulder strap and bring body of carrier up over back of your child.



**4** Place strap on shoulder. Bring this arm around back of child and hold carrier in place. Grab other shoulder strap and set it on



**5** Fasten chest strap buckle and tighten to comfort.

## Please Note

The ERGO Baby Carrier and other ERGO products are designed to be free of defects. We stand behind our products and will repair or replace free of charge any of our products that prove to be defective at any time during the first nine (9) months. Proof of purchase necessary.

### SPECIAL FEATURES:

The ergonomic design of The ERGO Baby Carrier supports the baby's spine and is a healthy position for their hips while they are carried. It can be worn on the front (belly to belly), on the back, and in the hip position. The ideal time frame for use of this carrier when used on the front is between 3-5 months of age and used on the back from the age of 5-6 months to 5 years. The ERGO Infant Insert accessory adapts the carrier for newborns to 3-4 months. The Hood supports sleeping baby's head and makes continued activity possible. The buckles are the best available, and where different materials are joined, reinforced stitching is used for durability and dependability.

### WASHING INSTRUCTIONS:

Wash the carrier with a mild detergent on a gentle cycle and dry until the seams are slightly damp. Frequent washing and harsh detergents can cause 100% cotton to break down faster, therefore frequent washing is not recommended.

### CAUTION:

Safety for you and your child, requires not only a quality product, but also the careful attention of the wearer, both to these instructions and in daily use. To this end, please observe the following precautions: when fastening the waist buckle, make sure the two pieces are properly inserted in one another, and listen for the "clicking" sound when the two parts are together securely. Tug on the straps and buckles to make sure that the closure and fit is secure. **Never unbuckle the waist belt while the baby is in the carrier.** When learning to place your baby in the carrier, do so over a bed or other soft environment, or with the help of another person.

The carrier should be used exactly as set out in these instructions. It should not be used by a person with physical problems that might interfere with the safe use of the product, including but not limited to muscular or skeletal problems, problems with balance or dizziness or painful disorders of the back or legs. The carrier should never be used if the wearer is impaired by alcohol or drugs or if the wearer is tired or in pain, as balance and reflexes may be impaired. If the person using the carrier should develop shoulder or back problems, discontinue its use and consult a qualified care giver. The carrier should not be used when jogging, climbing, biking or other strenuous activity. Hands should always be available to protect the baby from possible danger.



The ERGO Baby Carrier, Inc.  
www.ergobabycarrier.com  
*Patent Pending*

## Directions for Hip Carry Position



- 1 Unbuckle both shoulder straps and lay baby carrier flat with inside facing up. When carrying baby on left hip, take right shoulder strap, cross over to left side male buckle on webbing and feed male buckle under elastic and attach with female buckle. Put strap over right shoulder. Fasten waist belt buckle by feeding male buckle under elastic and into female buckle. Adjust carrier so it is squarely on your hip.



- 2 Lower baby down into carrier.



- 3 Make sure the baby's bottom is directly in the center of the carrier.



- 4 Hold baby's weight up slightly with your right arm as you pull down on the black webbing to tighten shoulder strap in order to keep baby closer to your body.



- 5 Take left shoulder strap and wrap it around your back.



- 6 Connect female buckle on shoulder strap with male buckle on webbing and tighten black webbing strap for comfort.