



WOVEN WRAP manual



3-20 kg (7-40 lbs)



LITTLE FROG

Before you start your adventure with a Woven Wrap

Thank you for choosing a Little Frog Woven Wrap. We assure you that the wrap you have got in your hands was made in Poland with the highest quality standards maintained.

Our family business was established in 2012 as a result of our babywearing passion. We are parents, too. And we have carried our children in wraps and slings - that is why we know exactly how helpful this piece of fabric may be. We hope that you will also love babywearing and appreciate the closeness and comfort while using the wrap. We took care of your new wrap to be:

- Comfortable – our wraps are woven from high-quality, soft, and sturdy yarn. The weaves we have selected make the wrap gently adjust under your baby's weight, easily adapting to you and your baby like a second skin.
- Safe – all our wraps comply with the PN-EN ISO 13934 standard (i.e. are very sturdy) and the EN 13209-2:2015 standard. Additionally, they hold the Oeko-Tex Standard 100 certificate (they are safely dyed, they do not contain any heavy metals or formaldehyde, their pH is adequate for your skin).
- Easy to use - Thanks to the attached instructions you will quickly learn the wrapping techniques.

The wrap that you hold in your hands is a parallelogram 70 cm wide, and the length depends on the size you choose. The middle of the wrap is marked with a label (a little frog). The ends are diagonal, which is helpful while tying.

Before you start to use the wrap on a regular basis, we advise you to wash it in accordance with the washing instructions on the label. During the washing the fibres shrink a little, so afterwards your wrap would be more dense and around 5-8% shorter. It is best to use the same washing powder or washing liquid that you use for washing your little one's clothes. Avoid using fabric softener. It greases the fabric and makes it more and more slick.

In the instructions below you can find three most popular wrapping techniques: "Kangaroo Carry", "Pocket Wrap Cross Carry", and "Front Wrap Cross Carry/Koala". If you do not feel confident enough, practise the first wrappings with a doll or a teddy bear to get used to the wrapping techniques.

Your first wrapping – how to start?

When you get used to the wrapping technique, studying the instruction, practising with a teddy bear, or with a doll, it's finally the time to wrap the baby. Do not be discouraged if during the first few attempts of wrapping your baby will be slightly apprehensive. It is perfectly normal as it's a new situation for them. Probably you'll be a little stressed too! Take your time, take care of your comfort, move a little, maybe sing the favourite lullaby. When you take care of yourself and you're calm, it will also affect the baby and you will see that every consecutive try will be easier. While tying, try to be in motion and sway or bend your knees slightly, just like you do when you hold your little one in your arms. Put the baby into the wrap, make sure he or she is full and rested, especially at the first attempts. Later on, when you get the knack of it, and the baby will get used to the wrap, you might also use it to quieten the crying baby. When you already finish tying remember to hug the baby, caress and swing, so that they feel good in the new situation. During these first wrapping attempts you should mainly focus on your and your baby's comfort. The perfect technique will come with time!

Safety instructions

It is highly important that all the time during the tying the baby is safely supported. Also, it is crucial that while tying and after the wrap is tied the baby should be in the position supporting their motor development.

This position will be changing depending on the child's stage of development. The newborn should be in their naturally rounded position – the pelvis will be tilted, their hands and legs should be bent with the knees at the height and width of the hips. Baby's cheek should always rest against parent's chest. An older baby's legs spread will gradually widen, the spine will straighten, departing from the rounded position, and the baby will start looking around with curiosity. From now on, your baby's face will rest on your chest only while sleeping or resting.

Please remember that every baby is different and has their individual needs, therefore all the instructions and pictures in this manual should be treated as guidelines only. If your baby is undergoing physiotherapy treatment you should consider taking the baby wrap with you and seek professional advice regarding your baby's position while babywearing.

You can take your wrap with you on the visit, show them the photographs of properly tied babies or ask for some tips on positioning your little one.



- Make sure that the wrap is pulled tightly and wrapped around you like a second skin. If you see any loose fragments of fabric, tighten further.
- Make sure that your baby's airways are clear, uncovered and that the baby breathes freely.
- Until the baby sits by himself or herself, the spine must be supported at full length, and the hands should be hidden under the wrap.
- The baby should be positioned at the right height so that you can easily kiss your baby's head
- Don't forget about 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 chest
 - **S**upported back
- At the same time take care of your comfort. If you feel that the wrap rubs against your skin or is too tight, loosen it slightly. However, remember that the wrap's fabric works together with your movements, so usually while wearing it adjusts perfectly.
- Always tie the wrap with the double knot. The perfect knot is the flat knot you will learn about from this instruction, although it is not necessary. What is important is that it is always a double knot.
- During your everyday activities with your baby, remember about the safety, especially while walking through the door.
- If you plan to cook, wrap the baby on your hip or on your back and be cautious.
- Be especially careful when it's slippery or when you climb up the stairs with the baby in the wrap or when you need to overcome any other obstacles.
- The wrap is not designed for any sport that requires intensive activity so we do not recommend it for activities like riding a bike, jogging, skiing etc.
- If you use the wrap on public transport, it is best to tie the baby at your front. Thanks to that you will have a better control over what happens to your little one. In a bus or a tram ask for a seat facing the rear of the vehicle.
- Remember that to transport a baby in a car you should use a specialist car seat.
- While tying and babywearing take care of yourself and your body's position. Keep a neutral position of your pelvis and straight back. That will help you to avoid backache. Control the abdominal muscles and the pelvic floor muscles' tension.
- However, if you feel that your body is overstrained, that after babywearing your spine or your joints hurt, cut down the time of babywearing or change the wrapping technique. If it doesn't work, check with a babywear consultant or with a paediatric physiotherapist.
- If there is anything that concerns you about your baby's position or behaviour in the wrap, check it with a babywear consultant or with a paediatric physiotherapist.

In our instruction we try to give you the most current and the most accurate guidelines on babywearing, however it is the parent who takes the responsibility for how he or she uses the wrap.

- Check for ripped seams or fabric and damaged hardware before each use. If found - stop using carrier.
- Ensure that the baby is safely positioned in the sling carrier according to manufacturer's instruction for use.
- Never leave a baby in a sling carrier that is not being worn.
- Check on the baby often. Ensure that the baby is periodically repositioned.
- Never place more than one baby in the sling carrier. Never use/wear more than one carrier at a time.
- Never wear sling carrier while driving or being a passenger in motor vehicle.



WARNING - Failure to follow the manufacturer's instructions can result in death or serious injury.

Only use this carrier with children weighting between 3kg (7lbs) and 20kg (40lbs).

SUFFOCATION HAZARD

Babies younger than 4 months can suffocate in this product if face is pressed tightly against your body. Babies at greatest risk of suffocation include those born prematurely and those with respiratory problems.

- Check often to make sure baby's face is uncovered, clearly visible and away from caregiver's body at all times.
- Make sure baby does not curl into position with the chin resting on or near baby's chest. This position can interfere with breathing, even when nothing is covering the nose or mouth.
- If you nurse your baby in carrier, always reposition after feeding so baby's face is not pressed against your body.
- Never use this carrier with smaller babies that 7 pounds / 3kg without seeking the advice of a healthcare professional.

FALL HAZARD - Leaning, bending over or tripping can cause baby to fall. Keep one hand on baby while moving.

Read and follow all printed instructions before use.

The manufacturer of the Little Frog Woven Wraps takes no responsibility for the misuse of the wrap.

Babywearing may be a beautiful adventure, the first tool to build relationship and closeness between you and your baby.

Babywearing is like a vaccination that protects you against exhaustion and helps you in creating an exceptional bond with your baby

If you do not feel confident and comfortable with the wrap, we recommend you take advantage of local babywearing consultants' help – they are specially qualified to advise and help you in mastering the artistry of tying the wrap.

We wish you a beautiful adventure with babywearing!

How to tie a flat knot?



1) Put one strand of the wrap under the other (e.g. like shown in the photo – the right one under the left one).



2) Next, bring the bottom strand over the top one and then into the middle.



3) Tie the knot by pulling the strands to the sides.



4) Cross the strand that comes downward from the knot leading it under the other strand.



5) Bring the bottom strand over the top one and then into the middle.



6) Grab both ends of the wrap and pull tightly. Remember – the same hand that led the strand from the top should also pull the strand out and to this hand's side.



7) This is how the complete knot should look like.

Pocket Wrap Cross Carry (from 0+)



1) Grab the wrap at the rail so that its middle is right in front of you.



2) Gather one half of the wrap's width in your hand, wrap it around your waist, and grab the fabric gathered behind your back with one hand, in this way making a pocket.



3) Put your free hand under the wrap strand, grab the top rail of the opposite strand.



4) Cross the strands and lead them to the front.



5) Lay the strands on your shoulders so that the top rails are close to your neck and the bottom rails – at the outer side of your shoulders. Make sure that the wrap is evenly spread on your back and that the strands do not twist.



6) Gather the pocket and make space for your baby.

Pocket Wrap Cross Carry (from 0+)



7) Rest baby on your shoulder, like before eructation. Support your baby with the closer hand. Put your free hand under the strand and slide it onto your baby's legs.

8) Supporting your baby at all times, gently slide him or her onto your chest, at the same time pulling the top rail of the wrap up on your baby's back.

9) Lead the top rail of the wrap to your baby's ear.



10) Slide the bottom part of the wrap in between you and your baby. The fabric on your baby's back should be smooth, with no folds or creases.



11) Grab the top rail of the strand that is closer to your body with your free hand. Tighten the wrap by pulling it to the side. Then, lead the tightened rail of the wrap under your baby's bottom. Do the same with the other strand.

Pocket Wrap Cross Carry (from 0+)



12) Pull the wrap tight on both sides piece by piece downwards, keeping its tension. While tightening ALWAYS hold the fabric under your baby's bottom.



13) Pull the loose fabric at your baby's legs to your back.



14) Tighten the loose fabric with the outer part of the opposite strand.



15) Keeping the wrap tight, cross the strands under the bottom. Make sure to lead the strands evenly, without twisting. The fabric should support your baby's whole thighs and ischial tuberosities.



16) Lead the strands under your baby's legs and tie them behind your back with a flat (double) knot. Make sure that your baby is positioned symmetrically, i.e. the knees are at the hips' height, the hands are bent, and the face is uncovered. Moreover, check if the wrap is tight enough and supports your baby's bottom and thighs.



Kangaroo Carry



1) Grab the wrap at the rail so that its middle is right in front of you.



2) Gather the wrap from the top to the bottom rail like a "harmonica".



3) Lay the fabric on your shoulders and lower the middle of the wrap towards the height of your belly button. Make sure that the wrap is evenly spread without twists.



4) Rest baby on your shoulder and move your free hand across the wrap.

5) Gently sit your baby on the wrap strand, supporting him or her at all times.



6) Support your baby with one hand, and with the other hand pull the top rail of the wrap and stretch it over your baby's back up to neck. Smooth the fabric on your baby's back and pull the excess downwards, towards the bottom. The same rail of the wrap that is close to your baby's neck should be close to your neck, too.

Kangaroo Carry



7) Slide the bottom part of the fabric in between you and your baby. Make sure that the fabric from the bottom part of the wrap reaches from one popliteal fossa to the other.



8) Slide your hand under the wrap tail close to your shoulder, grab the top rail (the one close to your neck) and a handful of the fabric and turn it inside out – create a “sleeve”.



9) Repeat the step 8 on the other side.



10) Reach behind your back with your free hand, grab the rail of the opposite tail and pull it diagonally close to your body to the front.



11) Put your hand under the wrap so that you can grab the other rail of the fabric, and the rest of the wrap will spread on your forearm.

Kangaroo Carry



12) Repeat the steps from 11 to 12 on the other side.



13) Tighten the top rail (forming the "sleeve"), starting with the strand that is closer to your body. Tighten it to the side, helping yourself with the movements of the opposite shoulder. Repeat the tightening on the other side.



14) Tighten each strand piece by piece, supporting your baby under the bottom.



15) After the tightening, tie a flat knot right under your baby's bottom.

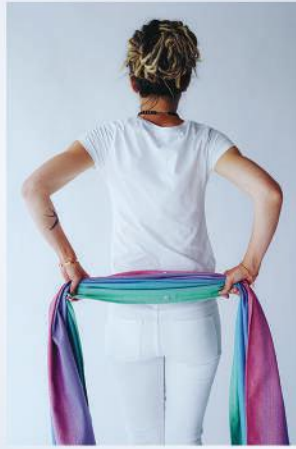


16) Make sure that your baby is positioned symmetrically, i.e. the knees are at the hips' height, the hands are bent, and the face is uncovered. Also, check if the wrap is tight enough and supports your baby's bottom and thighs.

Front Wrap Cross Carry (from 4m+)



1) Place the wrap behind your back so that the middle of the wrap is in the middle of your back (in the region of your loins).



2) Gather the wrap like a "harmonica".



3) Pull one wrap strand to the front and lay it on your opposite shoulder. Make sure that the strand is not twisted. Do the same with the other strand.



4) Now, you have created the first X on your torso. Put your thumbs into the strands on both sides and pull them down to the height of your hips. (The height may need an individual adjustment).



5) Fold your hands together and put them inside the wrap so that you can move the formed cross to the height of your belly button.



6) Reach with your hand behind your back to grab the top rail of the strand that is closer to your body. Lead it to the front.

Front Wrap Cross Carry (from 4m+)



7) Do the same with the other strand. Gather the fabric of both strands in your hands. Now, you have the other X on your back.



8) Tie the wrap in front of you with a single knot.



9) Rest baby on your shoulder on which the outer wrap strand is placed (like before eruc-tation). Put your free hand under the wrap strand and put your baby's leg under it. Rest your baby on the other shoulder and repeat the steps.



10) Sit your baby on the wrap. The legs should be laid symmetrically, with both wrap strands in your baby's popliteal fossae.



11) Stretch the inner wrap strand over your baby's whole back.



12) Slide your hand under the other wrap strand to thoroughly spread the strand over your baby's whole thigh until it reaches baby's popliteal fossa.

Front Wrap Cross Carry (from 4m+)



13) Make sure that the fabric on your baby's back is smooth.



14) Untie the single knot and start tightening the wrap with the strand that is closer to your body and at its outer rail.



15) Tighten the wrap downwards piece by piece, on both sides. Make sure that your baby is positioned symmetrically, i.e. the knees are at the hips' height, the hands are bent, and the face is uncovered. Also, check if the wrap is tight enough and supports your baby's bottom and thighs.



16) Lead the wrap strands under your baby's legs and tie a flat knot right under your baby's bottom.



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Little Frog 2020