



ERGObaby carrier Instructional Booklet



Welcome to the ERGObaby family!

We believe that keeping your baby close to you is the most natural way to nurture and support the growing bond between parents and babies. You are about to experience babywearing in the most comfortable, versatile, and ergonomically supportive baby carrier on the market. The ERGObaby carrier meets or exceeds all industry safety requirements, and is certified CPSIA compliant.

The ergonomic design of the ERGObaby Carrier supports the baby's spine and hips while they are carried. It can be worn on the front (tummy-to-tummy), on the back, and in the hip position. The ERGObaby Infant Insert adapts the carrier for newborns between 7lbs (3 kgs) and 12lbs (5.5 kgs)pounds. The back position is generally best used from approximately 6 months of age, as long as the baby has strong and consistent head and neck control, and can be carried safely with legs comfortably and securely straddling the wearer's waist. The hood supports sleeping baby's head, protects from sun and wind, and allows for privacy while nursing. The buckles are the best available, and where different materials are joined, reinforced stitching is used for durability and dependability. Check to assure all buckles, snaps, straps and adjustments are secure before each use.

We hope that you will enjoy your babywearing experience, and we always welcome your comments, pictures, and feedback.

With best wishes,

Karin Frost

IMPORTANT! KEEP FOR FUTURE USE.

SAFETY WARNINGS BELOW

READ ALL INSTRUCTIONS THOROUGHLY BEFORE ASSEMBLING AND USING THE BABY CARRIER.

FOR VIDEO INSTRUCTIONS PLEASE REFER TO OUR WEBSITE.

WWW.ERGOBABY.COM

For customer service call 888-416-4888

WARNING – FALL HAZARD

FOLLOW INSTRUCTIONS FOR USE. SMALL CHILDREN CAN FALL THROUGH LEG OPENINGS. ONLY USE THIS CARRIER FOR CHILDREN BETWEEN 12LBS (5.5 kgs) AND 45LBS (20 kgs). CHILDREN BETWEEN 7LBS (3 kgs) AND 12LBS (5.5 kgs) MUST USE THE ERGOBABY INFANT INSERT WITH THE ERGOBABY CARRIER. NEITHER THE BABY CARRIER NOR THE INFANT INSERT SHOULD BE USED FOR CHILDREN UNDER 7LBS (3 kgs). THE ERGOBABY CARRIER IS NOT DESIGNED TO CARRY A CHILD IN AN OUTWARD FACING POSITION.

FOLLOW PROPER PLACEMENT GUIDELINES AND INSTRUCTIONS FOR USE. PLEASE EXERCISE CAUTION AT ALL TIMES. CHECK TO MAKE SURE ALL BUCKLES, SNAPS, STRAPS, AND ADJUSTMENTS ARE SECURE BEFORE EACH USE.

WEARER MUST BE SURE THAT BABY'S AIRWAY IS CLEAR AND THAT BABY IS BREATHING NORMALLY AT ALL TIMES. BABY SHOULD NOT BE CURLED TIGHT CHIN TO CHEST BECAUSE THIS PARTIALLY CLOSES BABY'S AIRWAY. THERE SHOULD ALWAYS BE AT LEAST TWO FINGERS WIDTH CLEARANCE BELOW BABY'S CHIN.

BABY'S LEGS AND FEET NEED TO BE OBSERVED WHILE IN THE CARRIER. THE LEGS SHOULD COME OUT OF THE OPENINGS ON THE SIDES OF THE CARRIER AND STRADDLE THE WEARER'S WAIST OR STOMACH. BE SURE TO CHECK THAT THE LEGS AND FEET ARE IN NO WAY CONSTRICTED BY THE CARRIER. IF USING THE INFANT INSERT PLEASE REFER TO THOSE INSTRUCTIONS FOR PROPER LEG PLACEMENT.

WHEN FASTENING THE WAIST BELT BUCKLE, FEED THE MALE BUCKLE THROUGH THE SAFETY ELASTIC LOOP AND LISTEN FOR THE "CLICKING" SOUND TO MAKE SURE THAT THE BUCKLE IS SECURELY ENGAGED. TUG ON THE STRAP AND BUCKLE TO MAKE SURE THAT THE CLOSURE FIT IS SECURE. PULL THE REMAINDER OF THE NYLON STRAP THROUGH THE SAFETY ELASTIC LOOP.

NEVER UNBUCKLE THE WAIST BELT WHILE THE BABY IS IN THE CARRIER.

NEVER WEAR CARRIER WITH CHEST STRAP UNBUCKLED.

ONLY USE THE BACK CARRY POSITION WHEN BABY HAS STRONG AND CONSISTENT HEAD AND NECK CONTROL.

YOUR BALANCE MAY BE ADVERSELY AFFECTED BY YOUR MOVEMENT AND THE MOVEMENT OF YOUR CHILD. TAKE CARE WHEN BENDING OR LEANING FORWARD, SIDEWAYS OR BACKWARD.

TO AVOID INJURY WHEN LEARNING TO PLACE YOUR BABY IN THE CARRIER, DO SO OVER A BED OR OTHER CUSHIONED SURFACE WITH THE HELP OF ANOTHER PERSON.

THIS CARRIER 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, CIRCULATORY OR SKELETAL PROBLEMS, PROBLEMS WITH BALANCE OR DIZZINESS, OR PAINFUL DISORDERS OF THE BACK OR LEGS. PEOPLE WITH A WAIST EXCEEDING 43 INCHES (OR 48 INCHES FOR THE ERGOBABY SPORT CARRIER) MUST ALWAYS USE AN ERGOBABY WAIST EXTENSION. NEVER USE MORE THAN ONE ERGOBABY WAIST EXTENSION.

THIS 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.

AS A GENERAL RULE, AN INDIVIDUAL IN GOOD HEALTH SHOULD BE ABLE TO CARRY 20% OF THEIR BODY WEIGHT IN A TRADITIONAL BACKPACK DESIGN. A WELL-CONDITIONED INDIVIDUAL MAY BE ABLE TO CARRY UP TO 35% OF THEIR BODY WEIGHT. HOWEVER, EACH INDIVIDUAL WILL HAVE DIFFERENT HEALTH OR STRENGTH LIMITATIONS. THE USER SHOULD BE CERTAIN THAT THE CARRIER IS SAFE AND COMFORTABLE WITH REGARD TO THEIR PERSONAL LEVEL OF STRENGTH AND ANY PERSONAL HEALTH CONDITIONS.

IF THE PERSON USING THE CARRIER SHOULD DEVELOP SHOULDER OR BACK PROBLEMS, DISCONTINUE ITS USE AND CONSULT A QUALIFIED MEDICAL PROFESSIONAL.

THE CARRIER SHOULD NOT BE USED WHEN JOGGING, CLIMBING, BIKING, OR PARTICIPATING IN OTHER SPORTING OR STRENUOUS ACTIVITIES.

HANDS SHOULD ALWAYS BE AVAILABLE TO CHECK AND ADJUST BABY'S POSITION.

INSPECT THE BABY CARRIER REGULARLY FOR ANY SIGNS OF WEAR AND TEAR, ESPECIALLY AROUND STRAPS, SAFETY ELASTIC LOOPS, BUCKLES AND SEAMS.

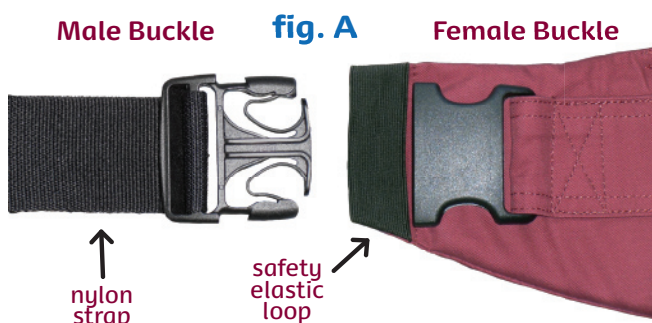
Important general tips for the use of the ERGObaby carrier

- Read carefully all directions and diagrams before use. Save this instructional booklet for future reference.
- These instructions are applicable to all models of ERGObaby carriers: Standard, Sport, Organic, Options & Performance.
- Be sure to have someone assist you the first few times you practice using the carrier.
- Standing in front of a mirror the first few times can be helpful for you and your baby, especially for back position.
- Stand or sit on a cushioned surface while practicing.
- For those with a longer torso we suggest wearing the waist belt up higher, around the belly button level. If you have a short torso, try wearing the waist belt around your hips.
- Wearer must be sure that baby's airway is clear and that baby is breathing normally at all times. Baby should not be curled tight chin to chest because this partially closes baby's airway. There should always be at least two fingers width clearance below baby's chin.
- The ERGObaby carrier is not designed to carry a child in an outward facing position.
- Contact your ERGObaby customer service supplier for additional assistance if needed.

ERGObaby carrier features

- 1 Snap straps for securing hood
- 2 Padded shoulder straps
- 3 Chest strap
- 4 Side release buckle
- 5 Nylon straps for shoulder strap adjustment
- 6 Waist belt buckle (see [fig. A](#))
- 7 Padded waist belt
- 8 Front pouch additional attachment location
- 9 Hood storage pouch
- 10 Attached fitted hood

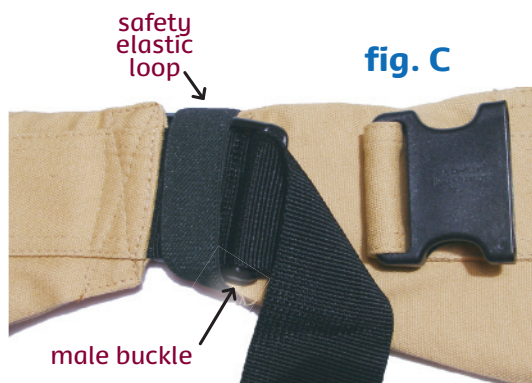
Note: A series of snaps in the ERGObaby Sport hood pocket offer 3 adjustable positions that allow the hood to adjust to your baby's growth



Proper Use of Waist Belt

The waist belt buckle is a very important feature of the ERGObaby carrier. When fastening the waist belt buckle, feed the male buckle through the safety elastic loop and listen for the "clicking" sound to make sure that the buckle is securely engaged. **Always be sure to feed the male buckle, including remainder of the nylon strap, through the safety elastic loop.** (see [fig. B](#))

For easy one-handed release of waist belt buckle, disconnect male from female buckle, flip male buckle inward toward waist belt and under safety elastic loop. Pull buckle through safety elastic loop, making sure remainder of nylon strap follows. (see [fig. C](#))



Directions for Front Carry Position

1. Before each use, securely fasten waist belt buckle by feeding male buckle through safety elastic loop and into female buckle, making sure remainder of nylon strap is also through safety elastic loop.

2. Allow body of carrier to hang down in the front. Bring your baby to your chest with legs on either side of you and with one hand supporting the baby, then bring body of carrier up over baby's back.

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

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

5. If baby is not already settled down in the carrier, adjust baby down lower into the carrier. Make sure baby's bottom is directly in the center of the carrier.

6. Bring both hands behind your 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.

- Check to assure all straps, safety elastic loops, buckles and seams are secure before each use.

- Chest Strap is attached to shoulder straps on runners; chest strap can easily slide up and down and will stay in desired position. Chest Strap should be located across the upper part of your shoulder blades, high enough that it can be fastened with your hands behind your back.

- You may use this position as soon as baby has strong and consistent head and neck control. For infants prior to this stage, the ERGObaby Infant Insert is recommended.

Directions for Hip Carry Position

1. Securely fasten waist belt buckle by feeding male buckle through safety elastic loop and attach to female buckle, being sure to pull remainder of nylon strap through safety elastic loop. Move carrier front to preferred hip, letting it hang down.

2. Unbuckle shoulder straps making sure remainder of nylon strap is pulled out through safety elastic loop. Completely loosen both nylon shoulder straps. Unbuckle chest strap and loosen.

3. Take the padded shoulder strap hanging in front and attach it to opposite nylon shoulder strap. Put arm and head through attached shoulder strap.

4. Carefully place baby into the carrier, making sure leg is below nylon strap. Adjust carrier on hip for comfort and adjust shoulder strap if necessary.

5. Making sure baby is secure in carrier, bring unattached padded shoulder strap around back and attach to nylon shoulder strap in front. Be sure not to attach nylon shoulder strap to chest strap buckle. Tighten both shoulder straps.

6. Connect female buckle on shoulder strap with male buckle on nylon strap. Make sure to pull male buckle and remainder of nylon strap through safety elastic loop. Tighten nylon strap for comfort.

- For a more comfortable fit try attaching chest strap in back or front. Chest strap may need to be adjusted on runner prior to putting on carrier depending on whether one would like to connect in the front or back. Tighten as necessary.



Directions for Back Carry Position

Reminder: To avoid injury when learning to place your baby in the carrier, do so over a bed or other cushioned surface with the help of another person.

1. Place carrier on your back with shoulder straps on shoulders. Fasten belt snugly but comfortably around waist. Fasten waist belt buckle by feeding male buckle through safety elastic loop and into female buckle, pull remainder of nylon strap through safety elastic loop. Slide right strap off shoulder.
2. Balance baby on right hip. While holding your baby securely with your right hand, slide your left hand between the carrier and your body, under nylon shoulder strap, with back of hand touching your back. Take a hold of baby's left foot and carefully pull it through the carrier.
3. Bend forward and slowly shift baby's weight to your back. Be aware that baby's leg should be under the nylon shoulder strap.
4. Once baby's leg is through carrier, move your left hand around your back to hold baby and carrier securely to your body as you adjust and center baby on your back. Still bending forward, continue to support baby with your left hand as you move your right hand through right shoulder strap, adjust right shoulder strap, and then, being sure baby is down in the carrier, stand up. Fasten chest strap and tighten. Chest strap should be at armpit level.

- This carrying position should only be used when your baby has strong and consistent head and neck control, and hips and legs open naturally into a spread position.
- Tighten shoulder straps to secure 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. Be careful not to over-tighten.
- Baby should be centered in the carrier at this point. Some slight bouncing up and down, while pulling carefully on one leg and the opposite side of the carrier, can be helpful in adjusting baby's position in carrier.
- If carrier seems to ride lower on baby's back, grasp sides of carrier at the nylon straps, or pull up on shoulder straps and bounce slightly to encourage baby's weight to fall further towards the waist belt. Baby should be sitting in the pouch.

Alternate method for Back Carry Position

Reminder: To avoid injury when learning to place your baby in the carrier, do so over a bed or other cushioned surface with the help of another person.

1. Securely fasten waist belt buckle by feeding male buckle through safety elastic loop and into female buckle, making sure remainder of nylon strap is also through safety elastic loop. Allow body of carrier to hang down in front of you.
2. Bring your baby to your chest with legs on either side of you and with one hand supporting the baby, and then bring body of carrier up over baby's back. With one hand hold both shoulder straps taut while supporting baby with other hand.
3. Begin to shift baby's weight to the back. Bouncing slightly will help lighten the weight as you move baby. Hold shoulder straps taut. When baby is on hip, put free hand through shoulder strap closest to the front of your body.
4. Switch shoulder straps to the other hand, being sure to keep straps upright and taut to support baby. Bring first shoulder strap onto shoulder while continuing to move baby onto your back. Again, slight bouncing will help. With opposite hand reach behind back and grab other shoulder strap.
5. Still holding other shoulder strap, secure and tighten first shoulder strap and let go. Reach over with free hand and slide second shoulder strap onto shoulder.
6. Adjust and tighten as necessary.

Directions for Moving Baby from Back Position to Front Position

Reminder: To avoid injury when learning to place your baby in the carrier, do so over a bed or other cushioned surface with the help of another person.

1. Lengthen shoulder straps by lifting up on the adjusters or ends of 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 the baby is centered in front, support baby with alternate hand while sliding straps onto shoulders. If baby is not already settled down in the carrier, adjust baby down lower into the carrier. Make sure baby's bottom is directly in the center of the carrier.

7. Bring both hands behind your neck and reach for the chest strap. Fasten the buckle and tighten the chest strap to secure the shoulder straps.

Directions for Back Position with Piggy Back Method

Note: This method should be used with an older child that can hold on while parent is adjusting carrier.

1. Securely fasten waist belt buckle by feeding male buckle through safety elastic loop and into female buckle, making sure remainder of waist belt is also through safety elastic loop. 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, supporting child by wrapping one arm around child's back and pressing child 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 put it on.

5. Make sure baby is seated securely in carrier. Fasten chest strap buckle and tighten for comfort.

Directions for ERGObaby Sleeping Hood

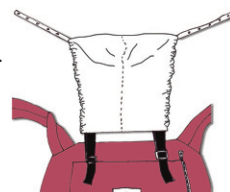
1. When baby has fallen asleep, take the hood out of the storage pocket on back of carrier. To use the hood in the back carry position, the hood must be attached and hanging down before putting the carrier on.

2. Grab one hood strap and extend it straight up above your head.

3. Bring the other hand behind your head, grab the hood at base of the extended strap and follow to the other strap.

4. With one hood strap in either hand, extend the hood taut over baby's head.

5. Snap the hood straps, at a comfortable length, to the snaps on the shoulder straps.



- Babies may not like to have the hood placed on them while they are awake.
- Hood can also be used as a sun shield when worn on front.
- Lean forward and adjust baby's head to rest in the center of your back, before pulling up hood
- Two adjusters on the hood allow you to extend the length to fit the size of your baby.
- A series of snaps in the ERGObaby Sport hood pocket offer 3 adjustable positions that allow the hood to grow with your baby.

Nursing In the ERGObaby Carrier

The ERGObaby Carrier is designed to accommodate nursing babies. For privacy, the sleeping hood can be used. Lengthen shoulder straps when nursing to allow baby to drop down lower. Additionally, it may be helpful to raise breast up to baby's mouth.

General Washing Instructions and Disclaimer

Machine wash cold with mild detergent on gentle cycle. Dry on delicate cycle and remove when seams are still damp. Air dry, avoiding direct sunlight. Do not machine wash frequently. Do not use detergents with bleach, perfumes, dyes, chlorine, or optical brighteners. Spot clean as needed.

ERGObaby uses only the highest quality and safest dyes possible to ensure a product that will retain its color, but is free from harmful chemicals. There is always a possibility that colors will fade depending on the quality of water and detergent type used. Different colors may require different types of detergents for best results. Please research your local water quality and detergent ingredients for best results according to color, as well as spot test before washing. ERGObaby cannot be held responsible for faded colors due to laundering.

Warranty

The Ergo Baby Carrier, Inc. warrants our products against defects in materials and workmanship. We stand behind all of our products, and will either repair or replace, free of charge during the first twelve (12) months after purchase, any ERGObaby product that is defective. Proof of purchase is necessary and products must be returned for warranty service. Should you have a warranty claim please contact ERGObaby Customer Service at customerservice@ergobaby.com or 888-416-4888





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