



Instruction Manual:
Vanamo baby wrap

Introduction & safety

A woven baby wrap is an excellent help with everyday child care and carrying the baby or babywearing has proven to have many positive influences on baby's development and well-being. You can start babywearing with a newborn and continue using the wrap up to the toddler age and even longer. A lot of various wrapping methods are available for the front, hip and back carries. A good carry to start from is the **Front wrap cross carry**.

Practice with a doll or teddy and use a mirror as help. Ask another adult to help you, if you feel unsure – specially with the back carries. When you first start wearing the baby, make sure that baby is well fed and calm. It is also good practise to start moving when the baby is in the wrap for example take a walk. The movement will calm the baby.

We strongly recommend that you will always carry the baby in an upright position and facing towards you. Carry a small baby high against your chest and her head close enough to kiss. Carry the baby in the ergonomic frog leg position: baby's legs wide open and her knees at the same level or higher than her bottom. Baby's face should always be visible – do not cover baby's face. Baby's nose should not be pressed against your body. The wrap should be tight enough so that baby's chin will not curl against her chest. Always monitor the baby in the sling or wrap and make sure that baby can breath easily.

Follow the manufacturer's instructions and use common sense while carrying the baby. Baby's safety is always your responsibility. Do not perform any activities that might put your baby in danger for example bike or horse riding, running, jogging, jumping, cooking, handling sharp or hot objects etc. Do not lay down or sleep while baby is in the sling or wrap.

Under each carry we mention the wrap sizes that can be used for this carry. The shortest size is suitable for a small sized women, the medium size is for M-L size women and the longest size is for large or tall parents.

Simple hip carry with adjustable knot

Simple hip carry is fast and easy to put on and a short wrap is easy to take along in your purse. The carry is suitable for a newborn and for toddlers as well. Here we show the adjustable knot but you can also make the regular double knot. Size of the wrap: 1 or 2.



1. Place the wrap on one shoulder.



2. Bring the end of wrap from your back side over your hip. Make the adjustable knot as pictured: step one.



3. Step two.



4. Step three.



5. Step four.



6. Step five.



7. Hold baby on your shoulder. Slide her into the pouch. Legs come out at the lower part of wrap.



8. Place baby on your hip at the wide frog leg position. Pull the wrap up to baby's neck. Spread the wrap from knee to knee. Tuck fabric under baby's bum.



9. Tighten the wrap by pulling the end of wrap through the slip knot. If the upper rail or the lower rail is too loose, pull that rail through the knot to make it tight.



10. Baby should be close to your body and her head close enough to kiss. Check regularly that fabric stays under baby's bum and correct if needed.

Front wrap cross carry

The front wrap cross carry is one of the most popular carries used with a long woven wrap. This carry is ideal for a newborn and it is also very comfortable with an older baby. During the first weeks of baby's life you can leave baby's legs inside the wrap in the froggy position. Size of the wrap: 5, 6 or 7.



1. Find the middle of the wrap and place it in front of you. Hold the wrap at the upper rail while wrapping - this way the wrap won't be twisted on your back.



2. Cross the wrap on your back and bring both ends of wrap over the shoulders to your front.



3. Make some room for the baby in the center part.



4. Hold baby on your shoulder and slide her into the center section. Baby's legs come out from the lower part of wrap.



5. Place baby in the frog leg position: legs wide spread and baby's knees higher than her bottom. Pull the wrap up to baby's neck. Wrap should go from her knee to knee.



6. Take one end of wrap, find the upper rail and pull. This will tighten the upper part of wrap behind baby's neck.



7. Tighten also the lower rail of the wrap to make the fabric tight under baby's bum and her knee-pits. Hold the other parts of wrap with your free hand and keep them tight. Tighten the opposite end of wrap as well.



8. Hold both ends of wrap tightly.



9. Cross them under baby's bottom.



10. Bring them under baby's each leg to your back.



11. Make a double knot.



12. You can spread the crossed parts of wrap over baby's back for extra support. Fabric should go from knee to knee.



13. Adjust the fabric comfortably on your shoulders and spread it wide on your back.



14. When baby is sleeping turn her head and place her cheek against you. Make sure baby can breath easily.

Double cross carry

The double cross carry is great, if you need to take the baby out of the wrap and then back in without the need to un-wrap each time. This carry can be used from about 4 months on. Size of the wrap: 5, 6 or 7.



1. Find the middle of wrap and place it behind your back. Hold the wrap from the upper rail while wrapping - this way the wrap won't be twisted.



2. Cross both parts of the wrap in front of you.



3. Bring both ends of wrap over your shoulders and to your back.



4. Cross them behind your back.



5. Bring the ends to your front and make a knot. You can make a single knot at this point so that it will be easier to adjust the wrap later. You can also make a double knot now.



6. Pull the crossed sections a little and make some room for the baby.



7. Hold baby on your shoulder and slide one leg through the inner cross of wrap.



8. Move baby to your other shoulder and put baby's other leg through the outer cross. Place baby in the frog leg position, legs wide spread.



9. Spread both sections of wrap over the baby's back from knee to knee. Start from the inner cross.



10. Do the same to the outer cross: spread the fabric wide. With a small baby pull the fabric up to baby's neck. An older baby can also keep her hands out.



11. If the wrap seems too loose, open the knot and tighten: pull from both wrap tails and make a few small hops.



12. If some parts of the wrap seems too loose, find that rail from the ends of wrap and pull the rail to make it tighter.



13. Make a double knot.



14. Spread the fabric smoothly over your shoulders and on your back to make it more comfortable.



15. Ready! Keep baby's face visible. When baby falls asleep, turn her cheek against you and make sure baby can breathe easily.

Hip cross carry

The hip cross carry is a simple and sturdy hip carry, and quick to put on. You can start using the hip cross carry at the age of about 4-6 months. Size of the wrap: 3, 4 or 5.



1. Place the wrap over one shoulder. The end of wrap on your front is a little longer than the one hanging on your back. Cross the wrap on the opposite hip.



2. Bring both ends of wrap to the other hip and make a knot. You can make a simple knot at this point and the double knot later or the double knot already now. Leave some room for the baby.



3. Hold baby on your free shoulder and bring her legs through the crosses of wrap. First one leg through one cross.



4. And then the other leg through another cross. Baby should sit in the wide frog leg position on your hip.



5. Spread the inner cross over the baby's bum and back. The fabric should go from knee to knee.



6. Spread the outer cross also over baby's back and to her neck. A small baby can keep her hands inside the wrap but an older child may want to keep her hands out.



7. If the wrap seems too loose, you can open the knot and tighten the wrap.



8. Make a double knot.



9. Spread the fabric evenly over your shoulder: pull the fabric away from your neck.



10. Lift up the fabric again and place smoothly on your shoulder.



11. Ready!

Rucksack carry

The rucksack carry is one of the most simple back carries and it is a great back carry to start from. If you are not an experienced wrapper, we recommend to use one of the front carries until the baby is at least 5-6 months. Carrying on the back has many advantages: the baby is not blocking your sight and you can move and action more freely. Size of the wrap: 3, 4 or 5. It is possible to get the baby to your back in several different ways. Here is one handy method.



1. Place the baby in front of you - sitting or standing, spread the middle part of the wrap over baby's back. Hold firmly baby's upper arms and the wrap.



2. Lift the baby up.



3. And bring her over your shoulder to your back.



4. Place the baby high up on your back.



5. Bend forward so that baby will stay on your back. When you have a firm hold of both ends of wrap you don't need to hold baby's arms anymore.



6. Hold both ends of wrap with one hand (or put them between your legs). Place baby in the frog leg position. Tuck plenty of fabric under baby's bottom and tuff fabric between you and the baby. The wrap will stay better in place.



7. Keep one end of wrap tight between your knees. Bring the other end of wrap over your shoulder. Tighten the upper rail and the lower rail. The wrap should be tight enough to keep the baby firmly against your back.



8. Move the tight end of wrap between your knees. Now bring the other end of wrap over your shoulder and tighten again. It is important to get the upper part of wrap tight enough. If it's too loose, baby will stay too far away from your body and carrying feels uncomfortable.



9. Make sure that there is still plenty of fabric under baby's bottom and the fabric goes from knee to knee.



10. Bring one end of wrap under your arm and over baby's leg.



11. Then bring it under baby's other leg and to your front. Put it tightly between your knees.



12. Bring the other end of wrap under your arm, over baby's leg to your back.



13. And then under baby's other leg and back to front. The wrap is now crossed under baby's bottom.



14. You can straighten your back now. Make a double knot to your front.



15. The baby is firmly and safely on your back. While carrying check every now and then that the lower part of wrap stays properly under baby's bottom.

Double hammock

The Double Hammock is a very sturdy back carry and it is comfortable with a heavier child, too. This carry needs a little more practicing but it is definitely worth the effort! Size of the wrap: 6, 7 or 8.



1. Place the wrap over baby's back and lift the baby to your back. Please check the "Rucksack carry" for more detailed pictures.



2. Bend forward. Both ends of wrap come under your arms to your front. Leave one side longer than the other.



3. Make sure baby is in wide frog leg position and there is plenty of fabric under her bottom. The wrap should go from knee to knee.



4. Take the shorter end of wrap over your shoulder and keep it tight between your knees.



5. Bring the longer end of wrap that comes under your arm across your body. Bring it under the shorter end of wrap.



6. Take the longer end of wrap to your back and spread the fabric widely over baby's back. Guide the upper rail of wrap with one hand and hold the lower rail with your other hand.



7. Bring the wrap over your shoulder.



8. Tighten all loose parts carefully by pulling each rail of wrap. The fabric across your body should become tight.



9. Tighten also the other end of wrap. Make sure that the child stays in the froggy position.



10. Keep one end of wrap tight between your knees. Take the other end under your arm to the back. Bring it over baby's leg and under her bottom.



11. Then bring it under baby's opposite leg to your front. Now put this wrap between your legs tightly.



12. Do the same with the other end of wrap: take it under your arm, over baby's leg, under her bottom and under the other leg to the front again.



13. The ends of wrap are now crossed under baby's bottom. Make a double knot to your waist.



14. Spread the fabric on your shoulders and across your body comfortably.



15. Double hammock looks like this from behind.



16. And this is how it looks like on one side.

Wrap cross carry on the back

Wrap cross carry is a classic and sturdy back carry that is comfortable with heavy toddlers, too. There are several ways to tie the wrap in front of you: you can wear the straps rucksack style, make a simple knot high on your chest or cross them over your body like we do here. Size of the wrap: 5, 6 or 7.



1. Place the middle of the wrap over baby's back and lift baby to your back. Please check the "Rucksack carry" for more detailed pictures.



2. Place baby to your upper back.



3. Bring both ends of the wrap under your arms.



4. Make sure the baby is in wide frog leg position and there is plenty of fabric under baby's bottom. The wrap should go from baby's knee to knee.



5. Keep one end of wrap tight between your knees.



6. Bring the other end of wrap across your body and over your opposite arm.



7. Hold the upper rail and the lower rail of wrap and spread the fabric widely over baby's back.



8. Bring the end of wrap under your arm and tighten the wrap well. Pull both rails to make them tight.



9. Bring the wrap under baby's leg and put it between your knees. Keep it tight.



10. Cross the other end of wrap over your body and bring it over your arm.



11. Spread the fabric widely over baby's back. Make sure the fabric goes from knee to knee.



12. Tighten the fabric well and bring the wrap under baby's leg to the front.



13. Make a double knot to your front.



14. Spread the fabric comfortably over your shoulders and body.



15. Ready! Three layers of wrap give the maximum support for the baby.

Washing and caring for your Vanamo wrap

Vanamo wraps are machine washable. Do not use any fabric softeners. The 100 % cotton wraps and wraps with linen can be washed at 40 degrees of Celsius. Wash the cotton-wool wraps in cold water (30 degrees of Celsius) and use a wool cycle or a washing cycle for delicates. Only low spinning is recommended for the cotton-wool for example 700 rpm.

Cotton and linen wraps can be tumble dried at low temperature but please remember that tumble drying will wear out the fabric faster. The cotton-wool wraps should only be dried flat or hang dried.

Cotton and linen wraps can be ironed at medium temperature. Ironing with steam will make the cotton and linen wraps softer and ironing is specially recommended for the linen wraps. If linen wrap shrinks in the wash, it will regain some of the lost centimeters with steam ironing. Iron the wool wraps only at low temperature.

All Vanamo wraps will shrink during the first wash and in the process they will gain their final length and the optimum thickness. The cotton and cotton-linen wraps will shrink the most. Shrinking is stronger, if you wash or dry the wrap at hot temperature.

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