

Oscha Cairis Front Carry



Make sure you and your baby are feeling calm, content and happy before trying your carrier the first few times. Take your time to practice and allow your baby time to get used to being in the carrier. You could also practice using a teddy or doll, and checking in the mirror is useful.



The first few times your baby is in the sling, it is a good idea to take a walk to allow them to settle and get used to it.

When trying out back carries initially it is recommended to practice over a bed or another soft surface and also to have someone with you to help.

Here are some key points to remember:

1. Your baby should be in a spread-squat or 'M' position, with her knees at the same height or higher than her bottom/hips, to provide optimal positioning for knee and hip joints.
2. You should be able to kiss the top of your baby's head when she is on your front; if she is too low it may strain your back.
3. Ensure the carrier is tightened enough so that baby's back is supported so they do not slump or curl into a ball. Untie and re-tighten if you feel your baby is leaning too far away from your body or has slumped down in the carrier.
4. Make sure baby's face is not pressed in to your chest; you can gently turn their head to the side so their cheek rests against your chest should they fall asleep.
5. If you wish to breastfeed your child in the Cairis you can lower them down slightly in the carrier. Remember to ensure a good air supply at all times with no fabric over the head and that their chin is not resting on their chest (check you can fit two fingers between chin and chest if you are unsure). Also check that baby's head is supported and is aligned with their spine and only turned slightly to one side if needed. Ensure that a baby who has finished feeding or has fallen asleep is returned to the most optimal upright position to keep their airway supported and open.



How to Front Carry - from 3-4 months



1 Hold the Cairis in front of you by the buckled waistband with the body panel folding over the waistband and away from you.



2 Wrap the long Strata® Waistband around the back of your waist.



3 Bring the webbing over the tongue and click the buckle together.



4 Pull on the webbing to tighten so it is comfortably snug. Keep the waistband horizontal.



5 Hold your baby to your chest and position them comfortably with their bottom just above the top of the waistband, and legs wrapped around your waist.



6 The top of your child's head should be close enough to kiss easily; if it is not, put baby down and move the waistband higher up your body.



Support baby with one hand, and with the other hand, reach underneath the body panel to smooth the fabric up your baby's back, ensuring little feet are not caught as you go.

Keeping one hand on baby, ensure baby's knees are bent and their pelvis is tucked inwards, then gently pull up any loose fabric at the sides to ensure a seated, M shape. Make sure that baby's back is supported by fabric up to the back of the neck.



Keeping one hand on baby's back, use the other hand to bring one shoulder strap up and over the same shoulder so it hangs down your back. Repeat on the other side. Both shoulder straps should now be hanging vertically down your back.

Support baby with one arm, and with the other hand, reach around behind your back to gather the opposite strap. Pull this vertically downwards so it is snug on your shoulder.

13



Then bring it around your side and hold it just below your child's bottom. Keep holding this strap and use that forearm to support baby. See figure 15

14



Your other hand can now reach around your back to find the remaining strap on your opposite shoulder, and bring the strap across your back and around your baby. The straps now form a cross on your back.

15



You should now have both straps in front, one in each hand, and held just below baby's bottom.

16



Supporting baby with one hand, give each strap a gentle forward pull, wriggling your opposite shoulder as you pull, to get any slack out and to bring baby's body close to your chest.



Bring each strap down the side of baby so that the fabric passes outside the bend of the knees, and cross the straps over in your hands below baby's bottom.

Keeping the tension, bring the straps underneath baby's lower legs and around your sides.

Tie a secure double knot at the back. Baby's knees should be able to move freely. His chin should be off his chest and he should be close enough to kiss. Ensure that he is safe and comfortable.



You may choose to spread the wrap fabric of the straps across baby's bottom for some extra warmth or support. This can be done by finding the top edge of each strap as it comes around baby's side, and pulling it upwards gently to spread the fabric to its full width. This can have the effect of creating a wider seat, more useful with bigger children.

The head support can be folded up or down as needed. If further head support is required please see 'Using the hood'.

Small Baby Front Carry - 0-3 months

Your Oscha Cairis comes with a Cynch for narrowing the width of the main body panel, so you can adjust the width of the seat to suit your child's size. The waistband can also be folded over to reduce the height of the main body panel, to ensure it is the correct height for your child.



To adjust the height of the body panel, hold the carrier hanging down like an apron, with the buckle that is attached to the waistband fabric facing towards you. Fold the waistband over and away from you, rolling it over the top of the body panel, so that the body panel ends up between you and the waistband. The waistband buckle will now be facing away from you. Fasten the waistband around yourself, keeping it level.. Tighten so it feels snug.

Take the Cynch and tie it around the body panel as near to the waistband as you can, then draw in the panel to an appropriate width for your baby's knee spread.



Move the strap around so the knot is under the waist fabric and will not rub against your baby. Hold your baby to your chest and position them comfortably with their bottom just above the cynch accessory strap, knees raised and slightly parted, in the foetal tuck position. You will find the waistband is now between your baby's tummy and yours. The top of your child's head should be close enough to kiss easily; if it is not, put baby down and move the waistband higher up your body. Now go to Point 6 under instructions for 'Front Carry' to continue...

Using the hood



To attach the hood, feed the two short popped ties through the loops on the body panel, just below the shoulder straps and press to fasten.

Bring the hood over the back of your child's head; feed each hood tie through the shoulder strap loops on each side. Adjust to create the necessary support and fasten the tie poppers as necessary.



You can ruche the hood by using the draw strings to gain support as needed. You can also attach the hood on one side only to create the necessary support. Always ensure baby's chin is off their chest, their mouth and nose are not pressed against anything and there is a good airflow. The hood can also be used on the back as well.

Webbing tidies

Excess webbing can be rolled away to keep it tidy, and the elastic loop used to secure it.



Safety

- Read all instructions before assembling and using the soft carrier.
- Use common sense when using a sling: your baby's safety is your responsibility.
- Check to assure all buckles, snaps, straps, and adjustments are secure before each use.
- Check for ripped seams, torn straps or fabric and damaged fasteners before each use.
- Stop using immediately if you notice any damage.
- Ensure proper placement of child in product including leg placement.
- Ensure that your baby has a good air supply, that there is no fabric over his/her face or mouth, and their chin is not resting directly on their chest – there should be at least two finger widths of free space between chin and chest. Premature infants, infants with respiratory problems, and infants under 4 months are at greatest risk of suffocation.
- Never use a soft carrier when balance or mobility is impaired because of exercise, drowsiness, or medical conditions.
- Never use a soft carrier while engaging in activities such as cooking and cleaning, which involve a heat source or exposure to chemicals.
- Never wear a soft carrier while driving or being a passenger in a motor vehicle.
- Do not use in place of a car seat.
- Do not operate machinery, drive a vehicle or ride a bike when using a carrier.
- Always tie securely with a double knot.
- Be aware of your baby's body heat when using a sling. The carrier provides extra layers of fabric and therefore warmth for you both; you are also sharing each other's body heat. You will probably need a layer or two less clothing than normal, but make sure your child has something warm for their legs and feet if necessary.
- Ensure your baby's head is well supported.
- Do not leave a carrier around your child unsupervised.
- We do not recommend back carries until your child has good head control & is over 4 months old.
- Do not position your child in the carrier so that their body is facing away from you. This carrier has not been designed for carrying children in this position, nor do we recommend it.

WARNING: Your balance may be adversely affected by your movement and that of your child.

WARNING: Take care when bending or leaning forward.

WARNING: This carrier is not suitable for use during sporting activities.

Please visit the following websites for more carrier safety information:

<http://www.naturalmamas.co.uk/blog/sling-safety-with-younger-babies/>

<http://www.slingguide.co.uk/safetyadvice.php>

<http://www.naturalmamas.co.uk/wp-content/uploads/2012/03/TICKS2.pdf>