

Sugar Sweet Baby

Wrap Instructions

Benefits of Baby Wearing:

1. Hands free!

You CAN get things done and hold your baby at the same time. Grocery shopping with a toddler and a baby, is so much easier! TIP: Wrap your SugarSweetBaby Wrap before leaving for your destination. This way it is easy to place your baby in your wrap when you are out and about. This eliminates tying your wrap in a parking lot, etc.

2. Happy Baby = Happy Parents!

Babies that are worn are happier. Their needs are being met, physically and emotionally. Your baby can feel, smell and hear you, making them calm and happy!

3. Milk Production

The physical closeness between you and your baby when a baby is being worn (especially the case in the Kangaroo hold, skin on skin) helps in your milk production.

4. Convenience

There is no HEAVY infant car seat to lug around or a huge stroller.

5. Babies Sleep Better

Babies that are worn sleep better and for longer periods of time. I know from personal experience my daughter maybe naps for a half hour, in my wrap she will sleep for an hour and a half. Do you know how much I can do in an hour and a half??

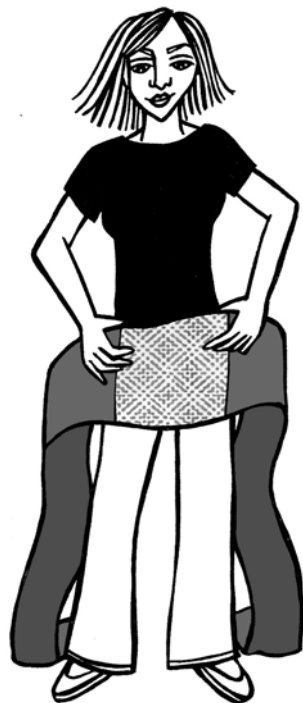
6. Helps with a Gassy Baby

Gassy babies should and like to be held upright (see newborn carry). This helps with digestion and reflux babies as well.

7. Prevents/Helps Colicky Babies

As stated above, babies physical and emotional needs are being met. Baby wearing, rhythmic motions, and soothing sounds are all ways to calm a baby that has colic.

Tying the Wrap



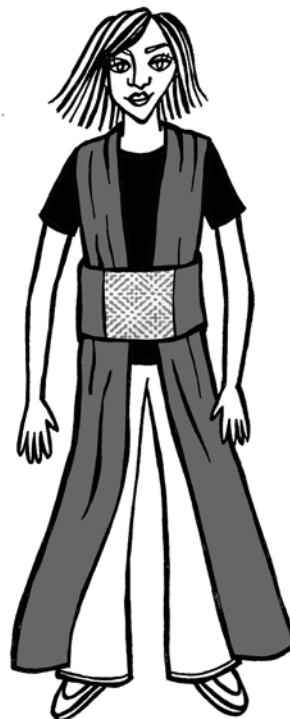
1.

Place decorative panel to your waist and bring fabric behind your back.



2.

Take each end of fabric and bring each end over the opposite shoulder, making an X in the back.



3.

Take the ends of the fabric and place both of them under the front panel.



4.

Then cross the fabric under the panel and again make an X.

Tying the Wrap



5.

Cross the wrap behind you
(Tie if you don't have enough
fabric to wrap back to the
front.)



6.

Bring the wrap back to the
front and tie a double knot.



7.

There you have it!
I promise it gets easy!!

**Now that you know how to tie the wrap,
you can do either the Newborn Front Hold
or the Basic Front Hold...**

Newborn Hold



1.

Find the shoulder piece that is closest to your body.



2.

Place your baby on the opposite shoulder. Place your baby in the piece that is closest to your body. Frog your baby's legs up in the fetal position. (Knees higher than the butt.) Spread the fabric over your baby including his shoulders in the piece closest to you.

* ALWAYS support your baby's head

* When your baby starts to stretch their legs out then you can try the Basic Front Hold.



3.

Bring the other shoulder piece over your baby's entire body.



4.

Lastly, bring the front panel over your baby's body. Great job!!

* You now have the option of bringing one of the shoulder pieces over your baby's head for added support.

Basic Front Hold



1.

Holding your baby securely, put one leg through the shoulder piece of the wrap that is closest to your body.



2.

Spread the fabric wide over your baby's bottom, back and shoulder.

* The wider you spread it, the more comfortable it will be.



3.

Tuck baby's second leg under the opposite shoulder piece while supporting the upper body.

Spread the fabric wide over your baby's bottom, back, and shoulder again.



4.

Lastly, pull the front panel over your baby's bottom and back.

* You now have the option of keeping your baby's legs covered or you can pull your baby's legs through.

Hip Hold



1.

Take wrap and place it over one shoulder.
(If you are right handed, normally you will have your baby on your right hip, so you will drape the wrap over your left shoulder.)



2.

Make an X at your hip
(placing the front decorative panel in front).



3.

Wrap excess material around your waist a few times double knot , and there you have it!

To place your baby in the wrap, always make sure to support your baby. Put your baby's legs through one at a time and make sure the material covers the baby as much as you can. It is the same concept as the other carries, your baby will "sit on the X".

This carry is recommended for babies that have great head control (around 6 months or so). I used the front carry for the 1st year and the hip hold from 12 months on. Alternate shoulders for better comfort.