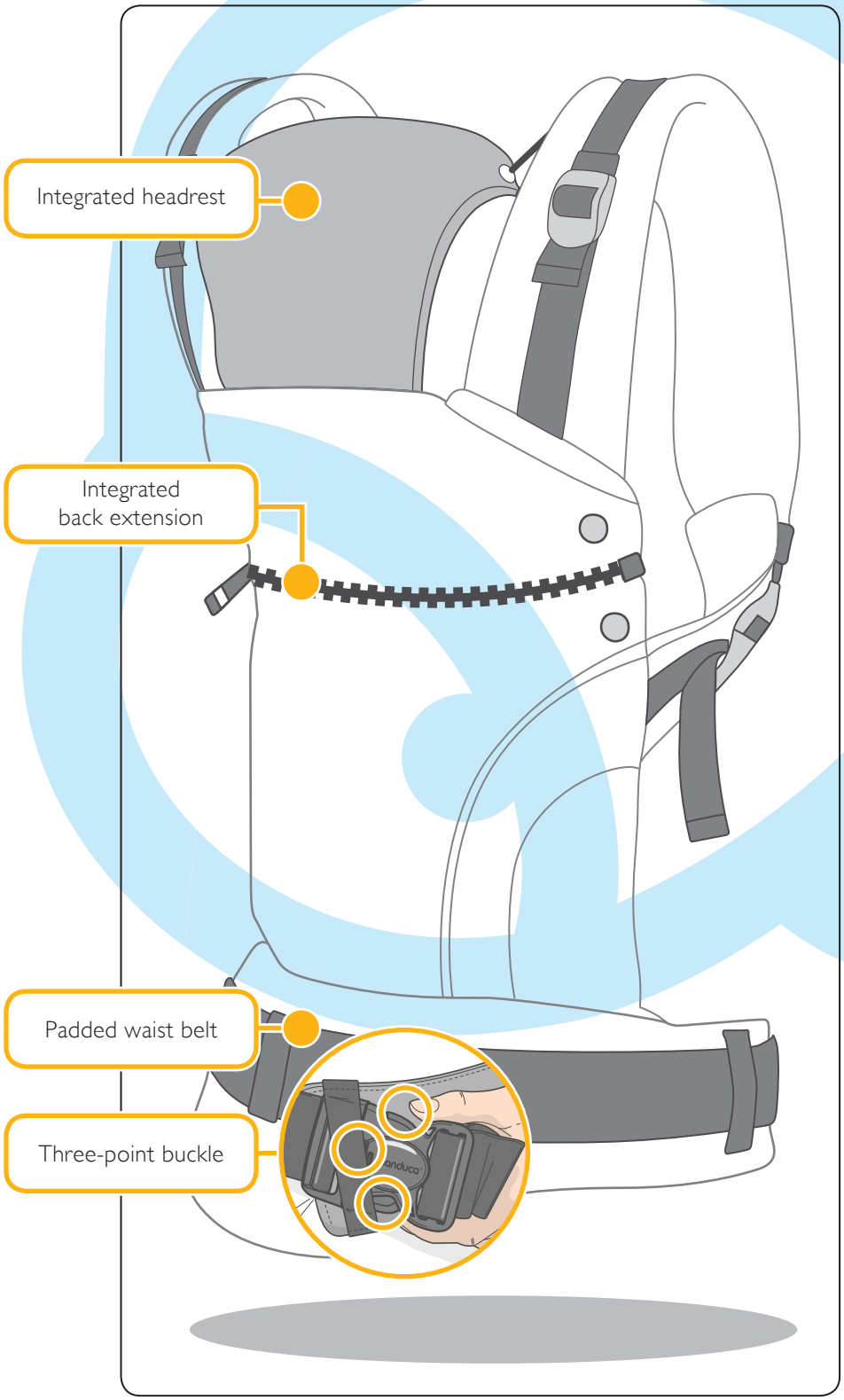
manduca®

my baby carrier

INSTRUCTIONS FOR USE
ENGLISH



IMPORTANT!
KEEP FOR FUTURE REFERENCE!

> WARNING NOTICE!

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

WARNING: Be careful when bending or leaning forward.

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

> EU STANDARD

The manduca® baby carrier complies with the European standard EN 13209-2:2005 and is suitable for babies and toddlers from 3.5 kg (7.7 lbs) to max. 20 kg (44 lbs).

> CARE INSTRUCTIONS

30 Use mild detergent.

Please ensure all buckles are fastened before washing!

> USE

You can receive further information about using the manduca baby carrier from your trusted specialist retailer. Or simply ask your midwife, carrier consultant, physical therapist or paediatrician for their professional advice.

Design and Distribution:

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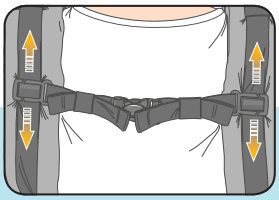
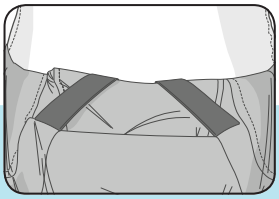
> GENERAL INFORMATION



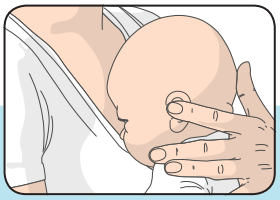
> CONNECTION STRAP

The connection strap can be adjusted up or down on the webbing of the shoulder strap. You can also move it to another position on the webbing of the shoulder straps. The connection strap should be adjusted such that you can fasten it on your own at the back of your neck at a later time.



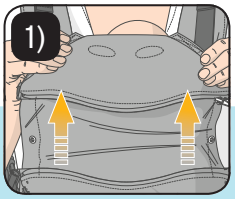
> INFANT SEAT

The elastic straps at the bottom of the infant seat are solely intended for keeping the infant seat in place when not in use!

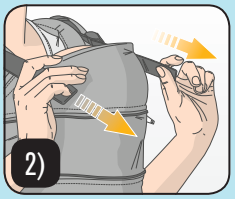


> OXYGEN SUPPLY

Medical studies have shown that your child is always supplied with enough oxygen while being carried in the manduca carrier. However, you should take the following into consideration: please be careful when your child is ill or, in particular, has a cold. Please take care that your child's mouth and nose are not covered with fabric or clothing. The space between your child's chin and chest should always be two fingers wide.

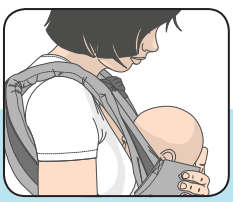


> OPENING THE BACK EXTENSION



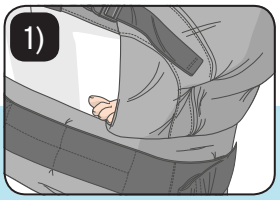
If your child falls asleep in the carrier while you are wearing him/her in front and needs more support for his/her head, then you can unzip the back extension.

To create a balanced position, you can tighten the shoulder straps by pulling on the ends of the webbing.



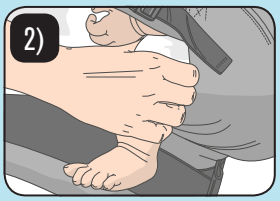
> VIEWING DIRECTION

The manduca carrier has been designed such that your child should always be looking in your direction.

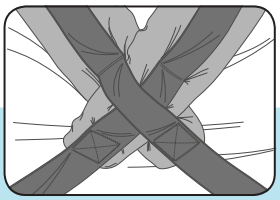


> LEG POSITION

If your child is still very young, his/her legs will remain inside the carrier.

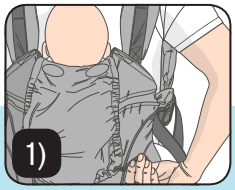


As your child grows and his/her legs get longer, you will see more and more of his/her feet and legs sticking out of the carrier – until you no longer need the infant seat because the carrier spans from one hollow of your child's knee to the other. Take care that the feet never get squeezed between your body and the waist belt.



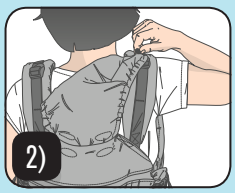
> SHOULDER STRAPS

If you want to cross the shoulder straps of the manduca carrier, you can fasten the straps before use. There is a dedicated loop for this purpose located on the end of the padding. This enables you to easily slide both shoulder straps to the back. *> Front position with crossed straps*

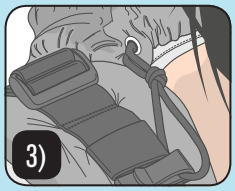


> HEADREST

If you are using the manduca carrier to carry your child on your back, it is best to take out the headrest before putting on the carrier. If your child falls asleep, you can easily reach the elastic loop behind your back …



… and pull it forward over your shoulder such that the hood covers your child's head.



Attach the loop to the hook on the shoulder strap.

Now use your other hand to reach for the second loop and attach this as well. The hooks on the webbing are adjustable so that the head of your sleeping child is well and sturdily positioned.

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> SAFETY. Please read these instructions carefully before using the carrier for the first time! Check all seams, buckles and snaps on a regular basis. In the beginning, practice in front of a mirror or get someone to assist you until you are well acquainted with how to use the carrier.

> POSITION OF BUCKLES. All buckles are padded underneath and secured by an elastic safety loop. The short ends of the webbings should always be tightened such that the fastened buckle is positioned on the padding and behind the elastic safety loop. In this way, if a buckle is opened unintentionally, it will be caught in the safety loop.

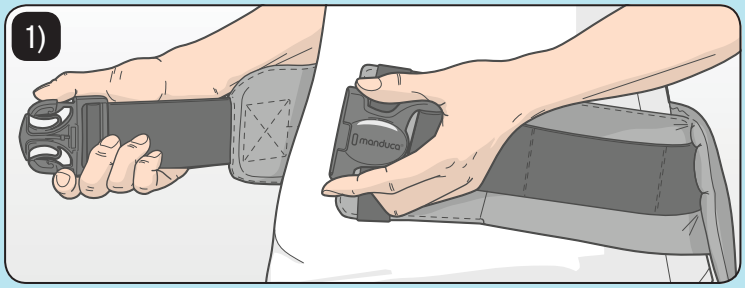
> WAIST BELT BUCKLE. Always fasten the waist belt first before putting your child into the manduca baby carrier. Never unbuckle the waist belt while your child is in the carrier! The waist belt is secured with a special three-point buckle that only can be opened by using two hands or three fingers at the same time. This ensures that an unintended release is nearly impossible.

> ADJUSTING TO YOUR BODY. Adjust the length of the shoulder straps and the waist belt to your own size before using the carrier for the first time.
The long ends of the webbing normally only have to be adjusted once in the beginning.
The loose ends of the webbings can be tucked into the designated belt loops.
The short ends of the webbings should be used for fine tuning during daily use.

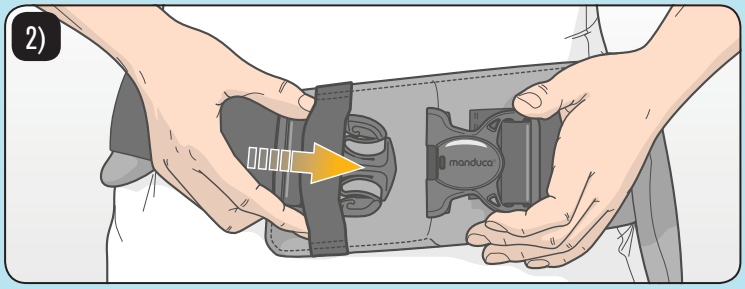
> "CLOSE ENOUGH TO KISS" POSITION. During the first weeks, you should carry your baby high and close to your body such that you can easily kiss his/her head. To this end, the waist belt can be worn around either your waist or on your hips.

> SEATING POSITIONS. For the best support of your baby, the back panel of the manduca baby carrier should be positioned up to the neck of younger or sleeping babies. Thanks to the useful combination of the infant seat and back extension, you have a total of four different seating positions which are appropriate for the age, size and needs of your child.

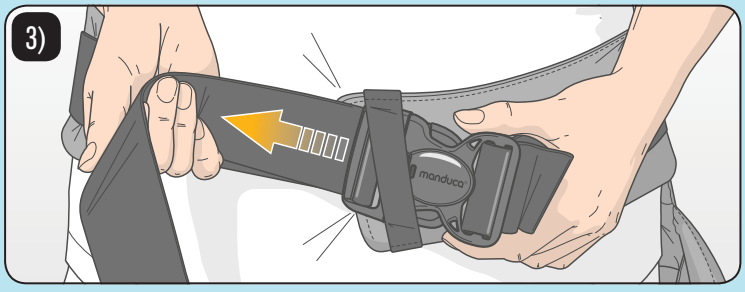
> THE FIRST STEPS



First, unfasten the buckle and increase the length of the webbing. Bring the ends of the waist belt together in front of you such that the black webbing is on the outside.

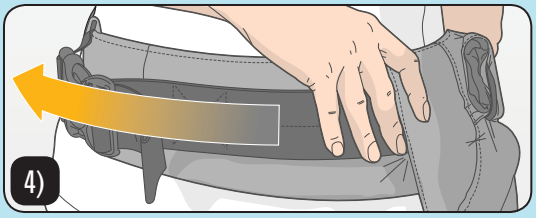


Then guide the male part of the buckle through the elastic safety loop and fasten the buckle. The buckle has been properly fastened when you hear a loud "clicking" sound and the clasps on both sides have snapped into place.

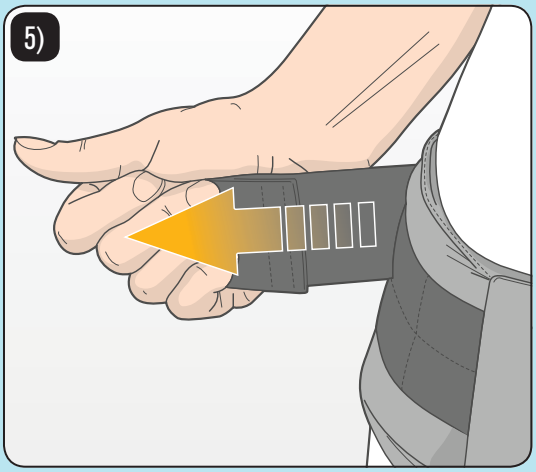


Adjust the waist belt using the long end of the webbing to comfortably fit your size.

> Regardless of which manduca carrier position you wish to use, these first five steps are the same for all of them.



Slide the waist belt around your waist to bring the manduca carrier to the preferred position: in front, on your back or on your hips.



Now adjust the short end of the webbing such that the buckle is positioned behind the safety loop and on top of the padding.

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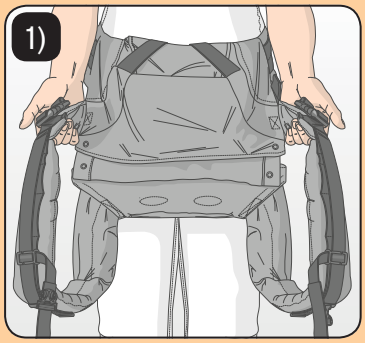
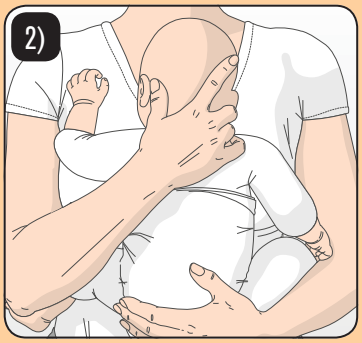
IS YOUR CHILD OLDER THAN THREE MONTHS?

> FRONT POSITION STANDARD

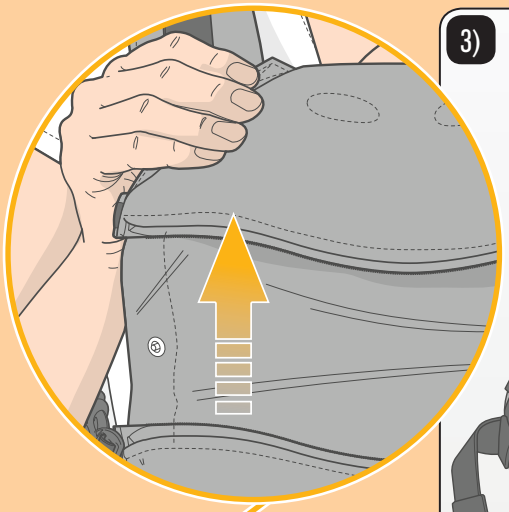


Let the manduca back panel hang down in front of you, with the shoulder straps closed. The buckle on the connection strap is open.

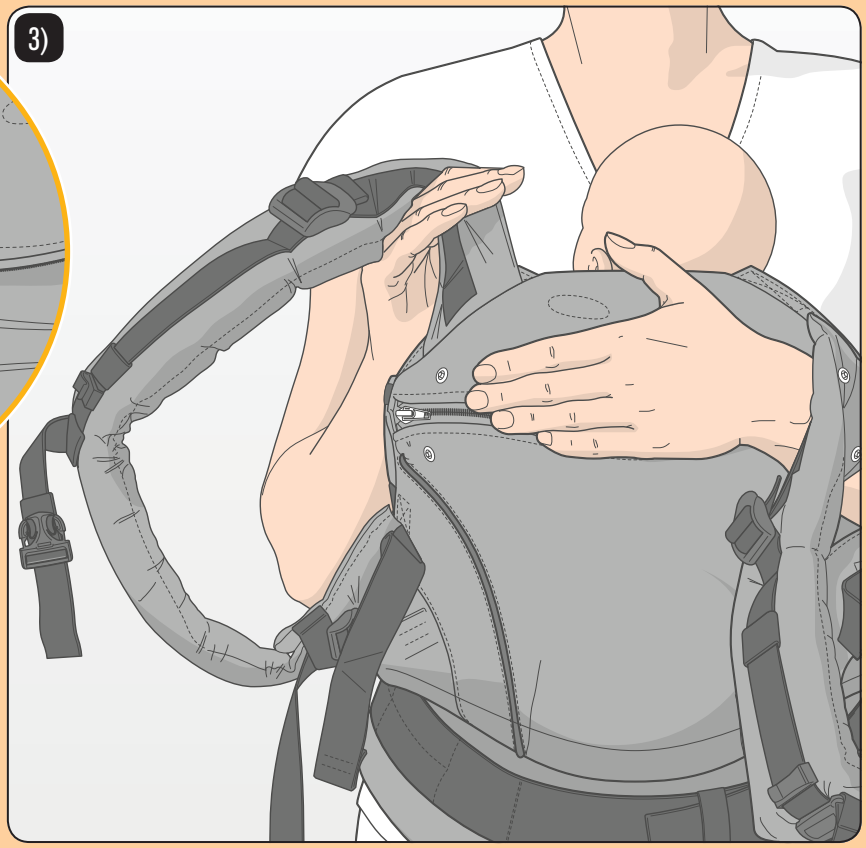


Bring your child up to your chest and then pull up the back panel of the manduca carrier.

> You no longer need to use the infant seat when the back panel of the manduca carrier supports your child from one hollow of his/her knee to the other. Experience has shown that this is normally the case from size 68 and upwards.



Attention: When using this carrying position with the infant seat, the back extension should be unzipped.



Slip one arm through the corresponding shoulder strap. The other hand is safely holding your child.

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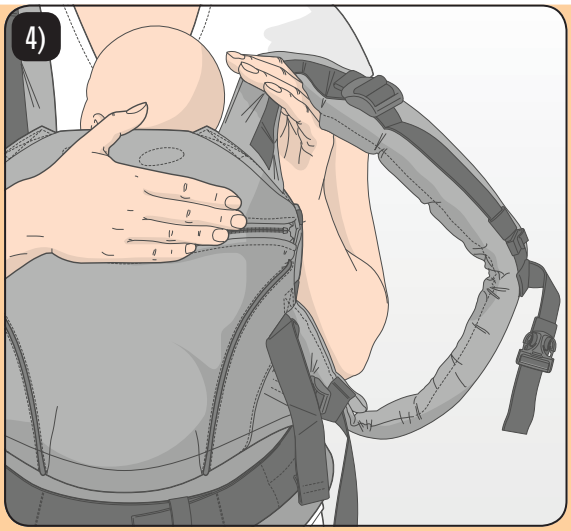
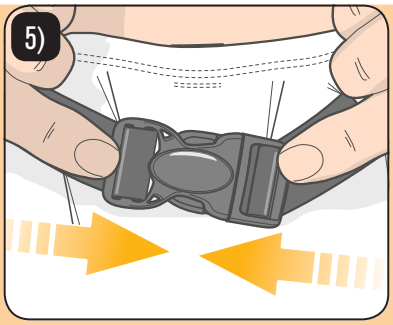
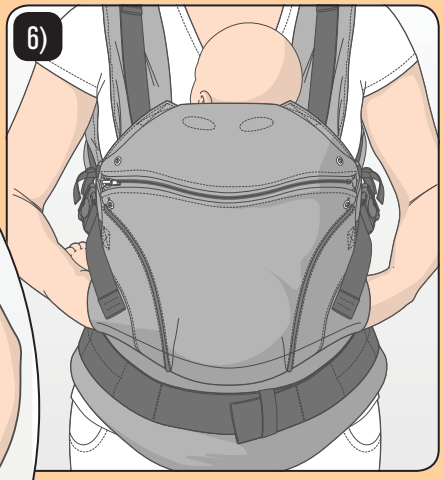


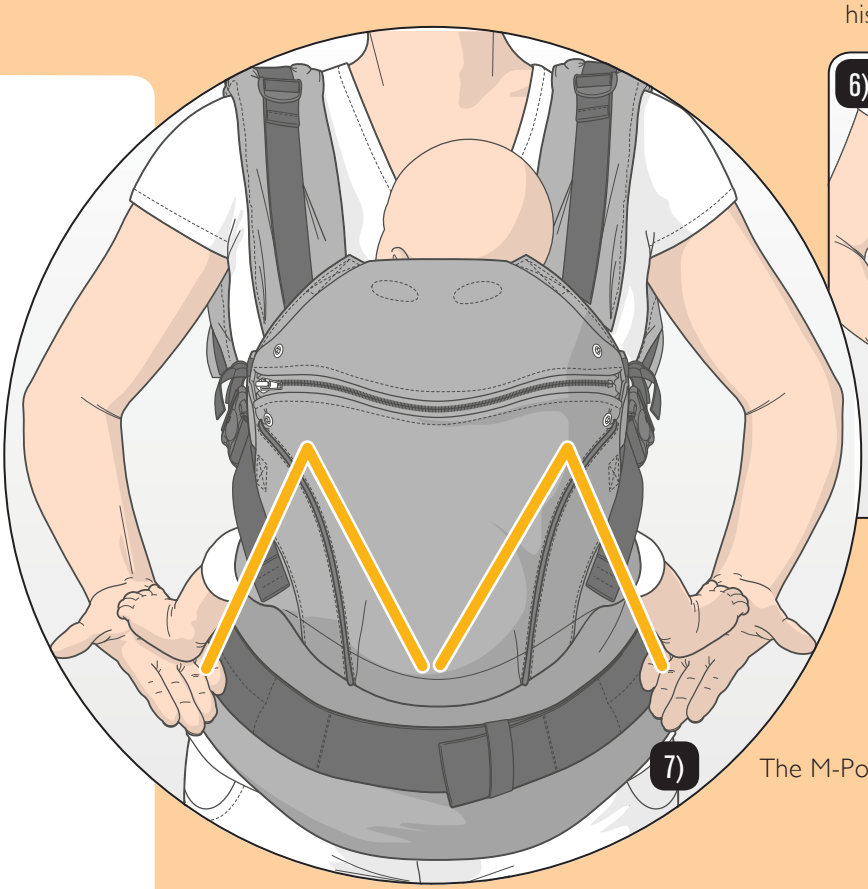
Switch hands and slip on the other shoulder strap.



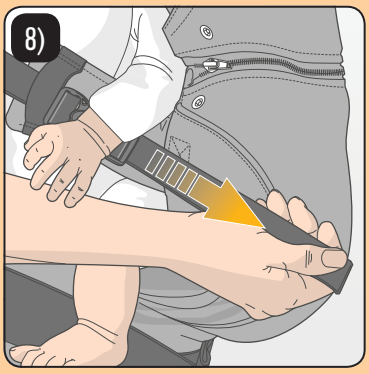
Buckle on the connection strap on your back to ensure that the shoulder straps stay on your shoulders.

Take care that your child's bottom is as deep into the carrier as possible and that his/her legs are always in the M-Position against your body. You can ensure this by pulling up on your child's knees, which then become higher than his/her bottom.

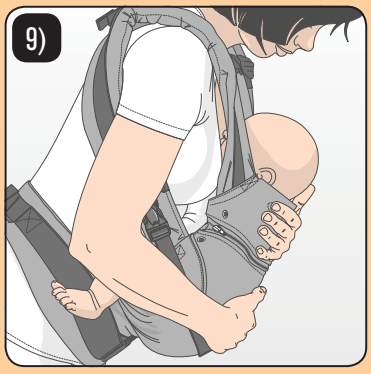




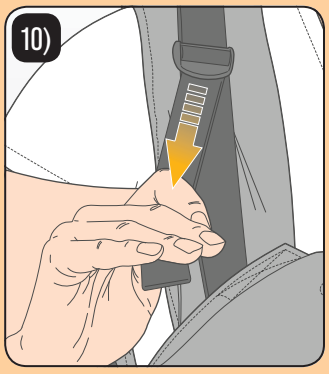
The M-Position.



Pull forward on the short ends of the lower webbing to tighten the shoulder straps. Ensure that the buckle is behind the elastic safety loop.



By leaning forward, you can check if your child is close enough to your body. Your child should not fall away from you.



If the carrier is still too loose, you can tighten the shoulder straps further by pulling on the upper webbing.

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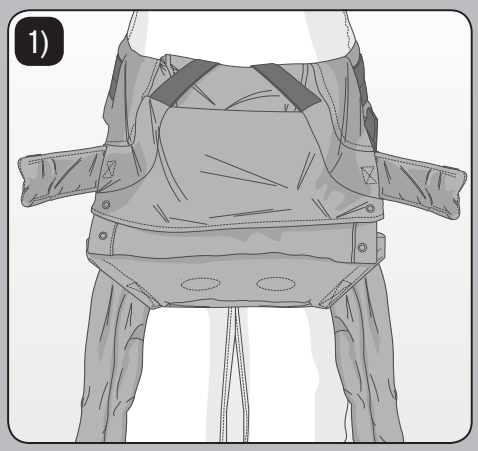
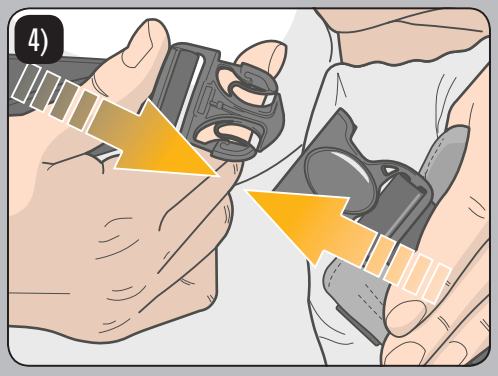
> FRONT POSITION WITH CROSSED STRAPS



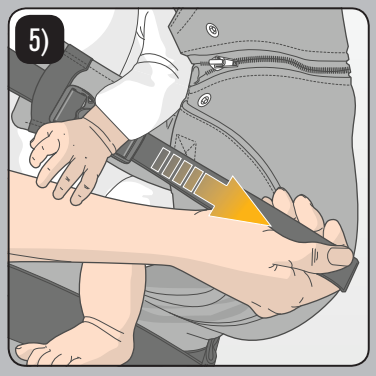
Let the back panel of the manduca carrier hang down in front of you, with the shoulder straps open. Bring your child up to your chest. If your child is younger than three months, use the > infant seat

Place a shoulder strap over your shoulder – your other hand is safely holding your child.

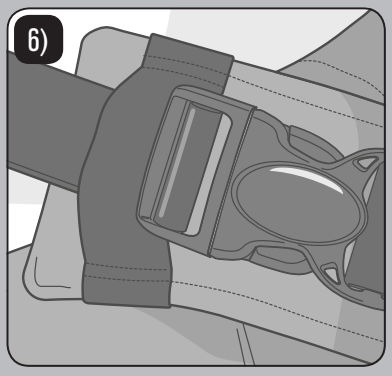
Switch the hand holding your child and then reach for the buckle on your back with your free hand. Take the buckle in your hand and pull it forward to the front.



Fasten the buckle using both hands.



Pull on the webbing to tighten the shoulder strap.



Ensure that the buckle is behind the elastic safety loop.

Switch hands. Now reach for the other shoulder strap, pull it forward to the front and fasten the buckle.

Continue with
> Front position standard, page 5, fig. 6

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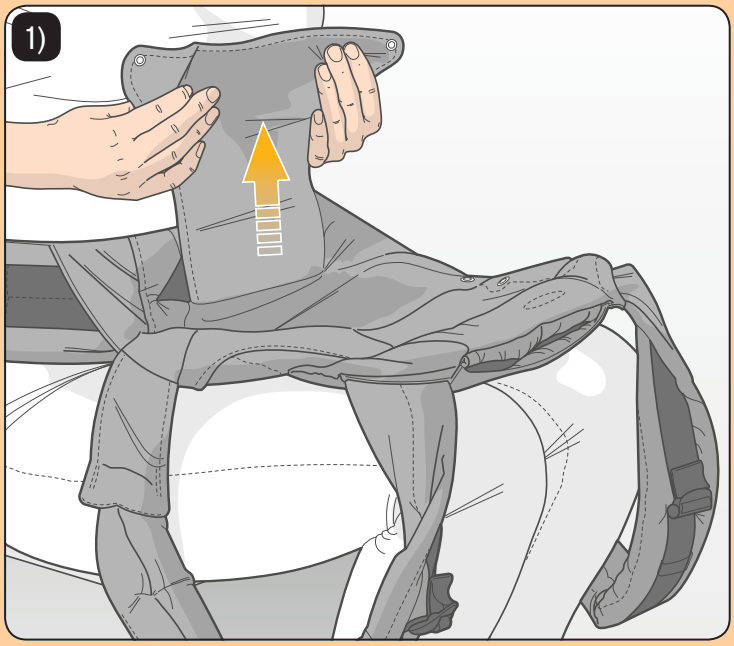
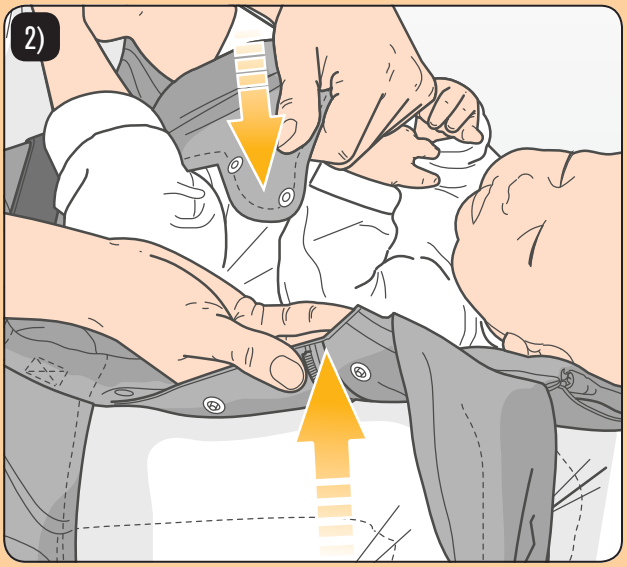
IS YOUR CHILD YOUNGER THAN THREE MONTHS?

> FRONT POSITION WITH INFANT SEAT

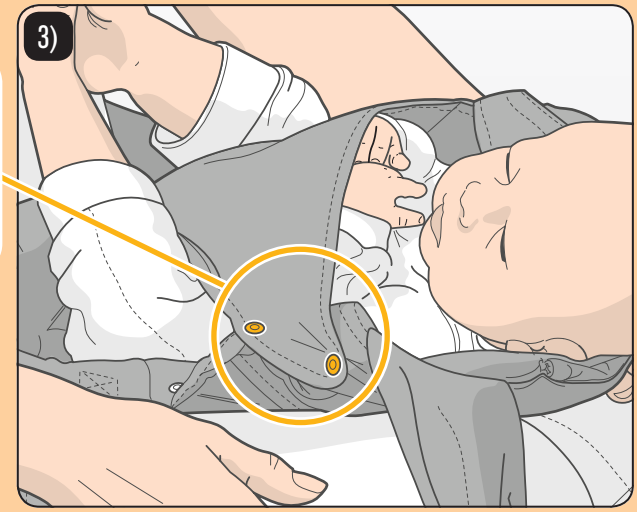


Sit down and lay out the back panel of the carrier flat over your lap. Fold out the infant seat and extend the back panel of the manduca carrier by unzipping the back extension.



Lay your child down on the back panel – his/her bottom should be very close to your body – and pull out the back panel under your child such that the upper edge is situated on the back of your child's head. Position the infant seat between your child's legs.

If your baby is still very small, use the upper snaps. If he/she is a bit bigger, use the lower snaps.



Then fasten the snaps. Support your child's head and bring him/her close to your chest. Now stand up carefully. Take care that the child's feet are not squeezed between the waist belt and your body.

ATTENTION: The infant seat is only intended for positioning your baby. It is not constructed to hold your baby's weight. For that reason always keep the waistbelt closed!

Continue with
> Front position standard, page 4, fig. 3

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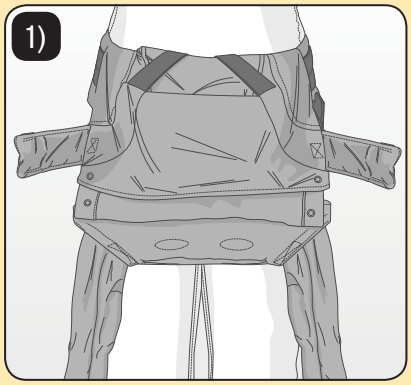
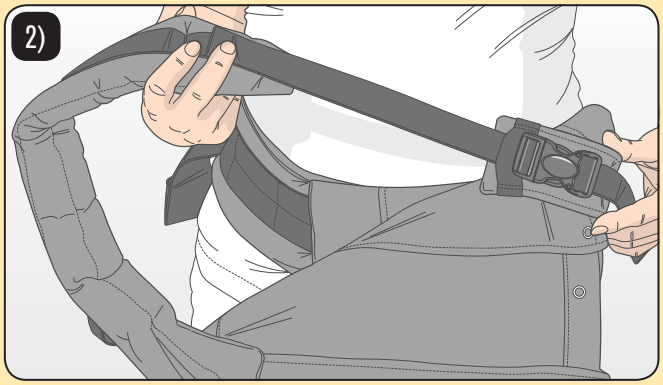
CAN YOUR CHILD SUPPORT HIS/HER OWN HEAD SAFELY?

> HIP POSITION

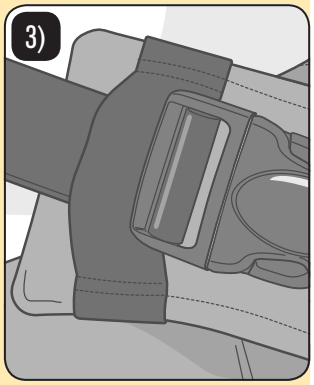
> Can your child safely hold up his/her own head, and do you like to carry him/her on your hip? Then carry your child with the manduca carrier – like this your back remains straight and you maintain a healthy posture.



Let the back panel of the manduca carrier hang down in front of you, with the shoulder straps open.

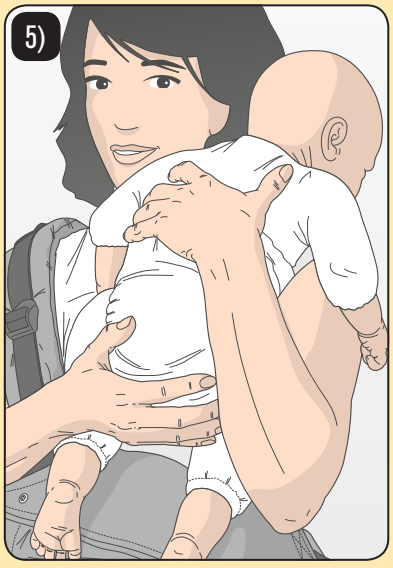


Connect the female side buckle on the preferred shoulder strap to the male buckle on the opposite side. If you want to carry your child on your left hip, connect the right shoulder strap with the left side.



Ensure that the buckle is positioned behind the elastic safety loop.

Slide the manduca carrier to the preferred hip, slip your arm through the shoulder strap and bring the shoulder strap over your head to the opposite shoulder. Adjust the length of the shoulder strap to fit your size.



Hold your child and place him/her on your free shoulder.

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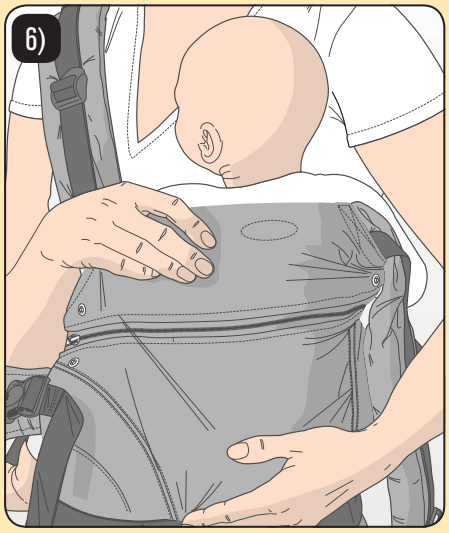
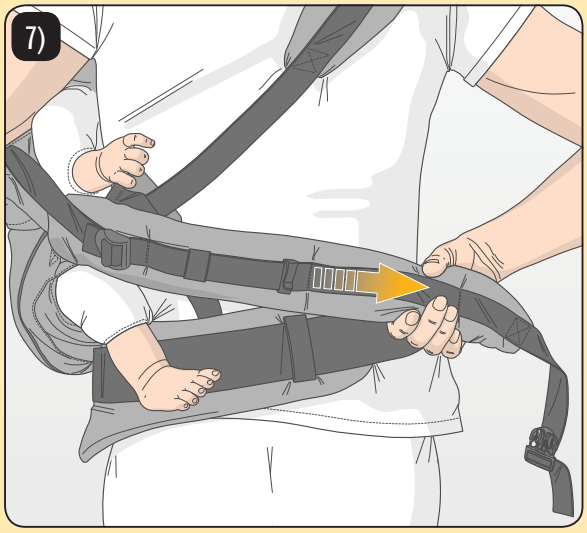
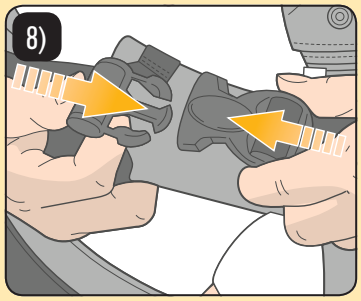


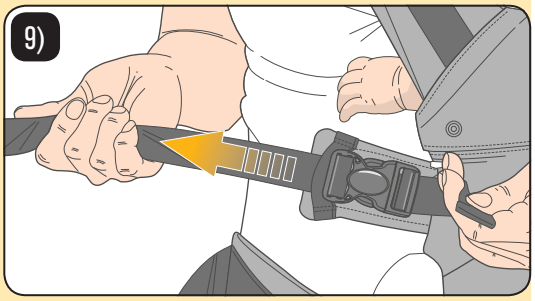
Lower your child down into the carrier. Ensure that he/she is positioned in the middle and that there is no space between your child's bottom and the carrier.



Reach for the loose shoulder strap behind your back and pull it forward to the front. Fasten the second buckle.

Ensure that the buckle is positioned behind the elastic safety loop.





Remember to tighten the straps by pulling on the webbing!

The carrier has been correctly positioned on your hip when you can take your hands off your child and remain standing straight, without having to counterbalance the weight of your child by adopting a crooked posture.

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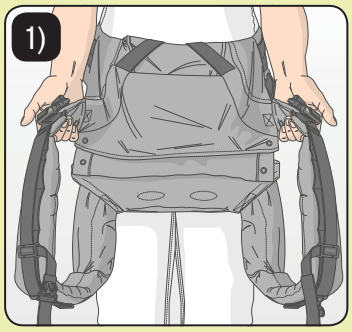
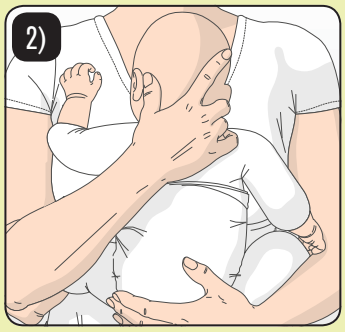
> BACK POSITION

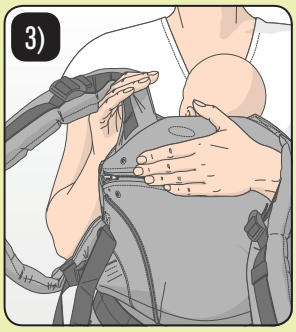
> Does your child no longer need the infant seat and can safely hold up his/her own head? Particularly when your child would like to see more of his/her surroundings or if he/she is becoming heavier, it makes sense to try out carrying him/her on your back. You can practice in advance in front of your bed or ask another person to help you.



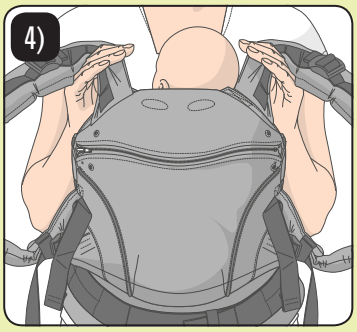
Let the back panel of the manduca carrier hang down in front of you. Loosen the short end of the waist belt webbing such that you can easily slide it around your waist. Lengthen the webbings on the shoulder straps slightly.



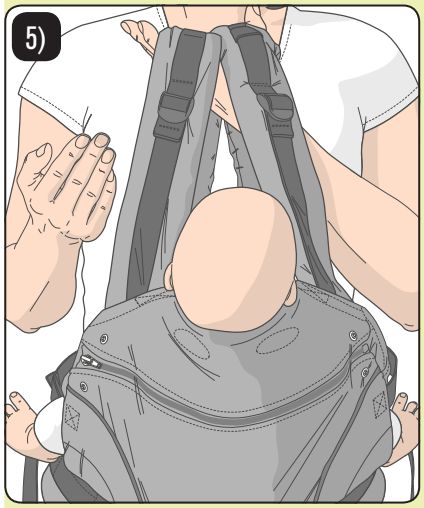
Bring your child up to your chest.



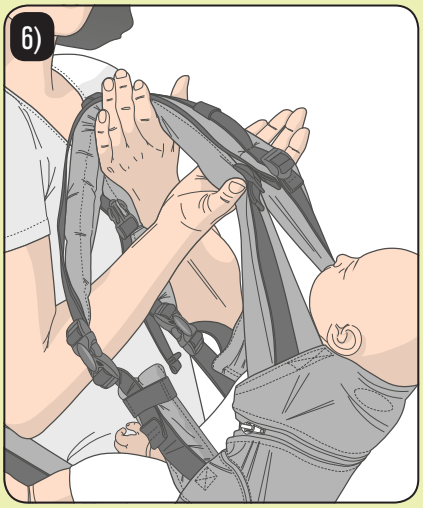
Pull up the back panel of the manduca carrier.



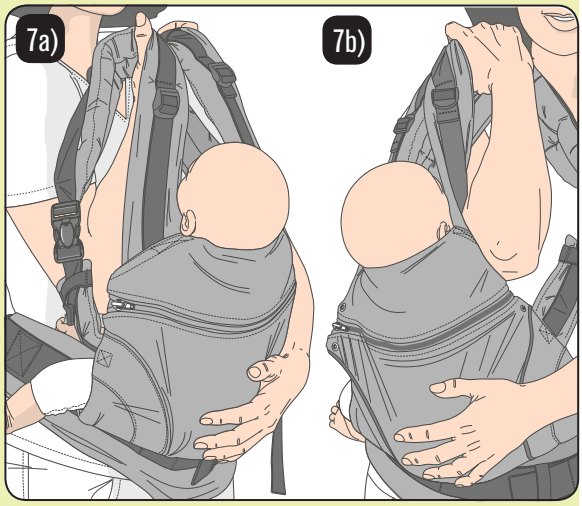
Hold both shoulder straps using both hands. Take care that your child is positioned in the middle of the carrier.



Now hold both shoulder straps using just one hand.



Position your free hand between both shoulder straps from below and hold both shoulder straps as closely as possible to your child.



(7a) Your other hand is now free to hold your child. Position the elbow between you and your child through the shoulder strap nearest the front of your body.
(7b) Continue to hold the shoulder straps tightly such that your child is held safely by your upper arm.

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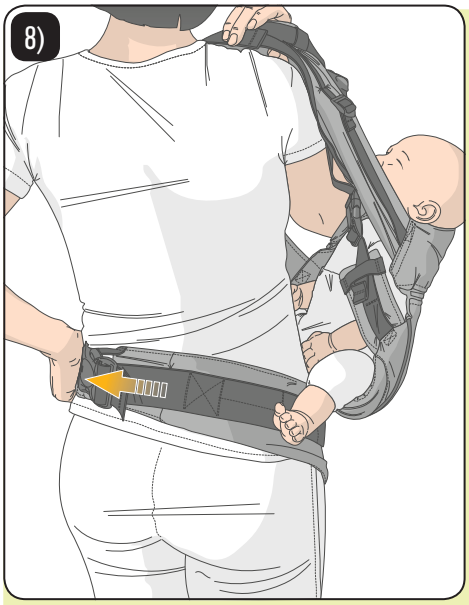
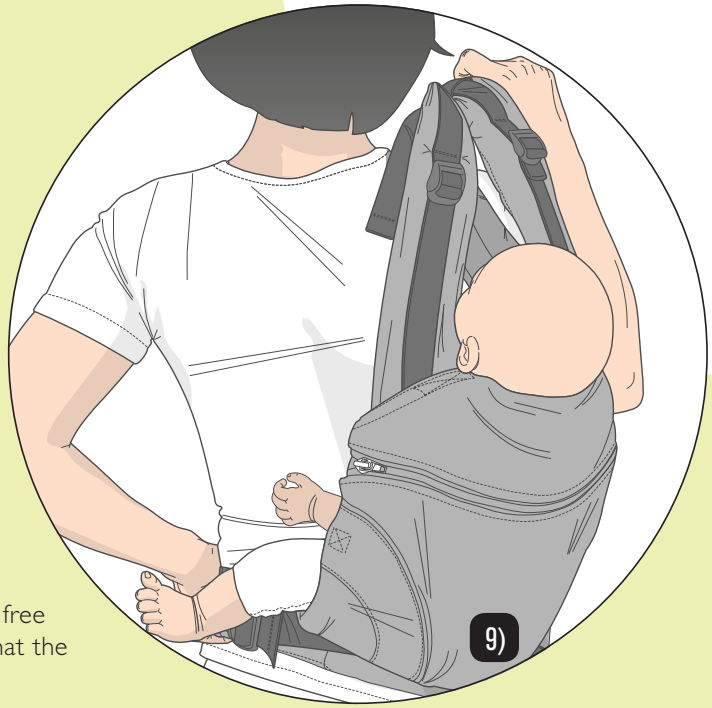
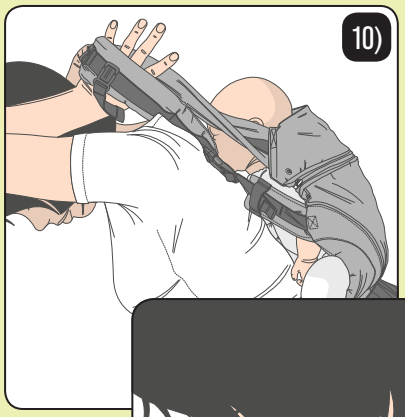


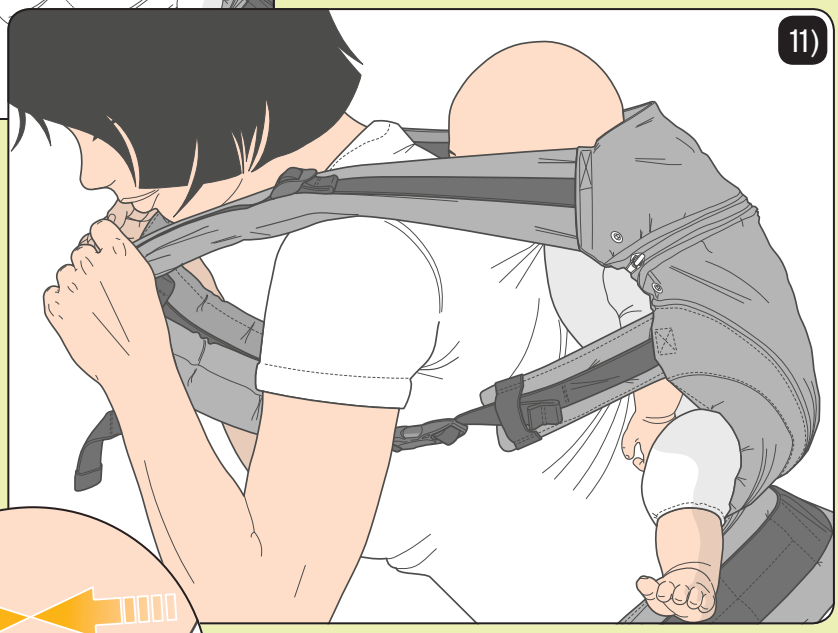
Now slide your child to your back, with your free hand helping to slide the waist belt. Ensure that the shoulder straps are held tightly.

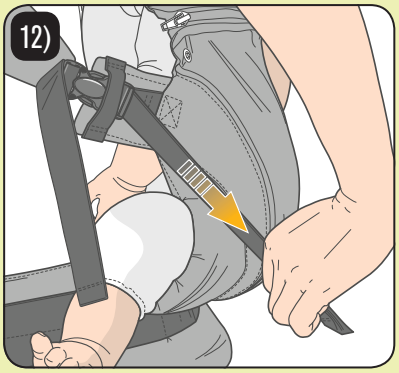


Slide your child such that he/she is positioned in the middle of your back. Your arm holding the carrier is now automatically aligned with the correct shoulder strap.

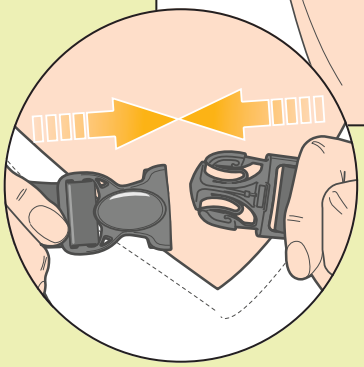


Lean forward, making sure your back remains straight. Your child is lying on your back and you can easily slide your free hand through the other shoulder strap.

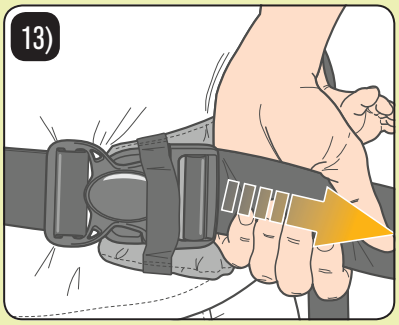




Tighten the shoulder straps.

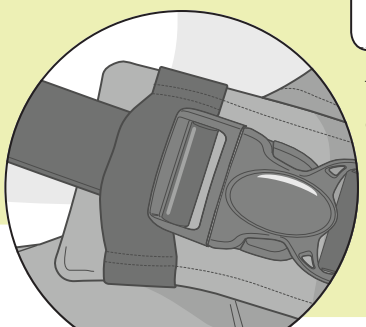


Let your child slide down deeply into the carrier. Fasten the buckle of the connection strap across your chest.



Tighten the waist belt by pulling on the short end of the webbing.

Attention:
Ensure that the buckles are always behind the elastic safety loops.



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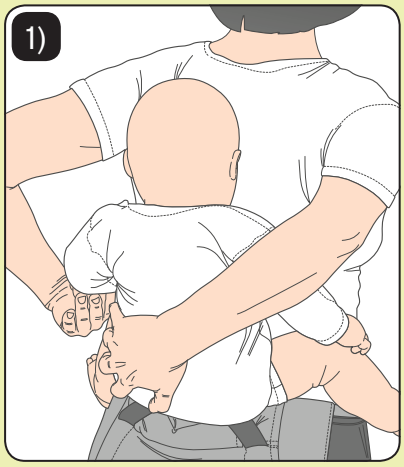
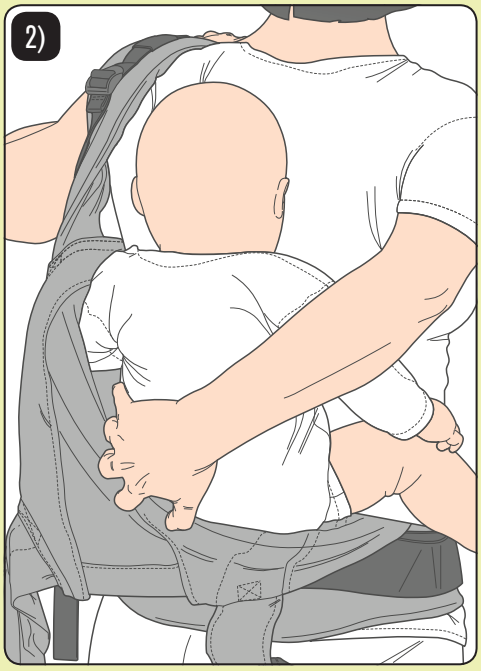
> BACK POSITION FOR BIGGER CHILDREN

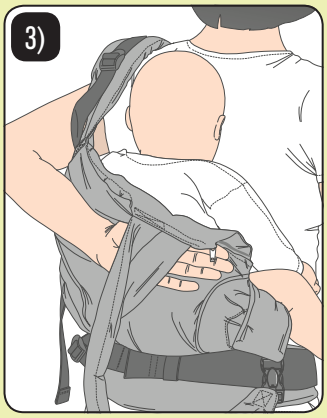
> When your child is bigger, you can take him/her up for a piggyback ride or let him/her climb up your back. If the back panel is no longer long enough for your child, use the > back extension.



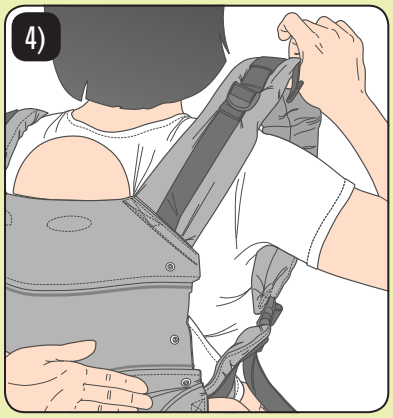
Let the back panel of the manduca carrier hang down in the back, with the shoulder straps closed. Place your child piggyback and hold him/her with your right hand.



Slide your arm through the left shoulder strap and, at the same time, pull the back panel up as far as possible. Your right hand is safely holding your child.



Using your left hand, pull up the back panel over your right hand and your child's back. Now you can remove your right hand from your child.



Slide your right arm through the other shoulder strap.

Continue with
> Back position, page 11, fig. 11

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