

## MEI TAI - Newborn Hold



- 1) Tie the Mei Tai high around your ribcage "apron style" with the main body of the carrier hanging down.
- 2) Lift baby up onto your chest. Newborns will have their legs tucked up 'froggy-style' and will sit on their feet inside the carrier.

NB: Baby will sink down slightly but you must carry them close enough to 'kiss the baby's head'!



- 3) Bring the body of the carrier up over the baby making sure that he/she is well centered.

- 4) Bring both long straps over your shoulders but, this time, *twist them inwards so that the POUCHLINGS label is facing in against your shoulder instead of out.*

(This curves the sides of the carrier in, making it more secure, and it pulls the top of the Mei Tai closer to you to better support the baby's head).



- 5) Reach behind you and bring the opposite strap across your back and around to the front. Repeat with the other strap. (Try to keep the straps closer to the ball of your shoulder rather than against your neck).

- 6) When you have brought both straps around to the front, tighten the whole carrier by pulling them strongly forwards to bring baby close against your body.

Remember to always carry baby "high and tight".



- 7) Spread the strap fabric out so that they close up the gap at the side of the carrier. Use the straps to firmly support the baby's back – he must not be sagging outwards.

- 8) Tie off the straps either by simply crossing them over each other (as shown) or by twisting them around each other, before passing them around to your back and securing with a double knot.