



USING THE SLEEPHOOD



Find the straps and lift the sleep hood gently over baby's head (it can be easier to do this if you are leaning slightly forward so the baby's head is flat on your back). Attach the straps by threading them through both loops and then doubling back "over and under" the loops.

GETTING DOWN FROM A BACK CARRY



For infants:
Undo the shoulder straps. Lean forward and slowly slide her under your arm and back round onto your hip. Raising your leg to make a seat to receive her will make it more secure. Practice over a bed until you are both confident about what you are doing!



For Juniors:
Lean forward and undo the shoulder straps. Reach around behind you to hold the child under their bottom and let the Mei Tai drop away from the child. With both hands around their waist, let them slide slowly down your back and through your hands as you lower them down to the ground. Finish up by holding them under the armpits until their feet are free of the fabric.