



POUHLINGS MEI TAI

SAFETY METHOD for BACK CARRY



1) Place the carrier on a sofa or chair with the shoulder straps draped over the back and the waistband flat on the seat area.



2) Sit baby on the carrier, propped up against the sofa back. Fold the waist band and straps up between her legs.



3) Sit yourself as close as possible to the baby, with her legs on either side of your hips, and with the waistband fabric folded up against your back.



4) Take hold of the shoulder straps and bring them over your shoulders.



5) Pull baby and carrier up onto your back making sure that she feels well centered in the body of the carrier.



6) Stand up and finish tying the shoulder straps either "Rucksack style" or "Chest Cross style".