



POUHLINGS MEI TAI – ‘BACK CARRY – Junior’



1) Tie the carrier around your hips either ‘apron’ style or with the lower edge facing downwards (as shown), making sure it is well centered.

(A ‘Back Carry’ can be used from approx 4 months to 4 years of age).



6) Once you have a firm hold of the straps, you can stand upright and pull the straps upwards to settle the child into a comfortable position. Bring the straps over your shoulders and cross them over your chest. Alternatively, lean forward, hold one strap between your knees and pass the other strap under your armpit “Rucksack” style.



2) Older children can climb onto your back as for a piggy-back.

Alternatively, put the child on your hip and ‘scooch’ them around to your back. (see below).



7) Reach around behind you with both hands and open the strap fabric out. Pass it over the child’s first leg and bottom, under the opposite leg and bring it around to the front. Hold it firmly between your knees and repeat with the other strap. Alternatively, twist the two straps around each other and bring to the front.



3) Lean forward and move your nearest arm in front of the child. Keep hold of them with the other hand as far as possible. Start to slide the child around your hip towards your back, taking care not to shift the carrier around as well.



8) Once you have both straps at the front, you can “bounce and pull” to make sure the child is high enough on your back. Finish by tying the straps at the front.

(If the straps aren’t long enough to come back round to the front, pass them under, rather than over, the child’s legs and tie them off under the child’s bottom).



4) Once the child is centered on your back, reach down and take hold of the carrier. Older children will know to lie flat against your back so there should be no worry of them falling off!



TIPS:

- Wearing the waist strap around your hips rather than around your waist will allow more length for a longer child.
- Make sure the child is tied closely to your back so that they feel lighter.
- A wide cross under their bottom will give added support.



5) Bring the carrier up over the child’s back so that the shoulder straps come over your shoulders.



9) To get an older child down, 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.