

MEI TAI FRONT CARRY



1) Tie the carrier around your waist like an apron. Have the fabric that you want to face out hanging against your legs.



2) Pick the baby up and hold against you, tummy to tummy, with his or her legs straddling your middle.



3) Pull the carrier body up between the child's legs and over their back. Holding firmly to the straps, pull the carrier upwards and 'jiggle' the baby into a comfortable position. Throw both straps over your shoulders.



4) Hold the baby securely with one arm and reach around behind you with the other arm to find the opposite strap. Bring it around to the front. Swap arms and repeat the process to bring both straps around to the front.



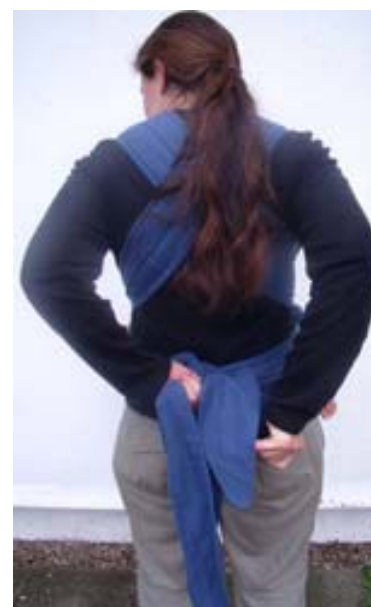
5) Pass the strap fabric over the baby's first leg and under the opposite leg. Repeat with the other strap.



6) Spread the strap fabric wide under the baby's bottom to make a wide cross shape. This takes a lot of the weight and makes the carrier feel more supportive.



7) Alternatively, twist the straps around each other and pass under baby's opposite leg.



8) Tie the straps securely behind your back. (If the straps are not quite long enough, bring the straps under – rather than over – baby's legs at the front, and tie under his/her bottom).



9) Fold the head rest down if baby wants to have his/her arms out, or tuck baby's arms in and flip the headrest up for a sleeping baby.