

# The Wilkinet baby carrier

## Instructions For use

### IMPORTANT: Please Read this Page First

Allow yourself time to have a good look at and read through this clear and easy to follow illustrated step by step guide. It shows you how to get the best out of your **Wilkinet**. Take your time, work with your **Wilkinet** and it will work for you.

You might decide to practice with a cushion or teddy bear first. If you have a long mirror it will prove useful in following your progress. Avoid allowing another person to assist you.

Initially, the **Wilkinet's** wraparound tying does take a little longer to get the hang of than a "clunk click" carrier or "hammock" style sling, but you will find after two or three trials it becomes second nature to you.

You can begin to use the **Wilkinet** as soon as you are up and about after the birth of your baby ... **If you have had a caesarian section ask your midwife or health visitor for advice first.**

Caring for your baby in the early weeks and months is a great deal easier and more enjoyable with the **Wilkinet**. Your baby can be held comfortably leaving you with both hands free while you get on with the "rest of your life". As well as being very helpful when you are out and about, one of its best uses is at home when you have other things to do and your baby does not want to be left alone. After feeds, if your baby has not managed to bring up all their wind, he/she can snuggle up to you in the **Wilkinet**, and doze off without being unduly disturbed by windy discomfort.

It is worth pointing out that babies do "fit round" their mother's female figure more naturally than their Dad's flatter masculine shape; however, many Dads really enjoy carrying their babies in the **Wilkinet**. Some Dads have reported that putting their baby's legs through the loops makes it more comfortable for them (see page 3).

**We are sometimes asked if babies might become overheated in a sling our general advice is:**

1. Don't overdress baby, he/she will be warmed by your body heat.
2. If you feel hot they probably do as well.
3. Check by feeling their tummy or back of neck, possibly their forehead will be "sweaty".
4. If you think they are too hot, loosen the sling to let some air through and/or remove some of the baby's clothing.

The **Wilkinet** is very comfortable and easy to use in all four positions shown.

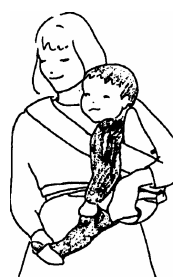
(Page 2)



(Page 4)



(Page 4)



(Page 5)

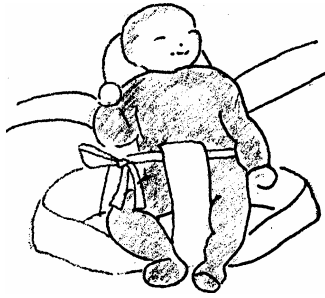


People sometimes ask when should they start or stop using particular positions. A baby's weight and build will vary as much as an adult's does, so there can be no hard and fast "rules" Just try to "tune into" your baby's needs and your own capacity if you're both comfortable keep going! **BUT PLEASE BE WISE** about how much weight you can carry on your front. 181b - 201b babies may be too heavy for mums of average build / weight / height. Try the back-carrying option once your baby gets too heavy for the front.

Sally Wilkins.

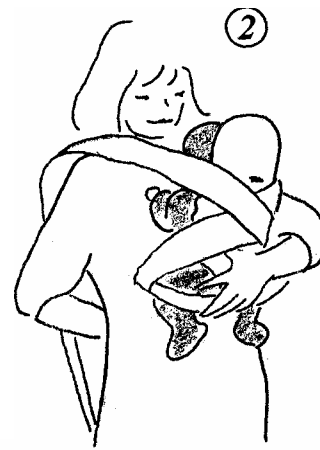
# Position 1: baby facing in on the front

This is the way most people begin. You can carry a very tiny newborn in the WILKINET. Your baby will love being snuggled up next to you, feeling the rhythm of your breathing and the beat of your heart, just being part of your comings and goings during the day (and very often the evening too!)



Lay baby high up on **WILKINET** with his/her bottom on the unpadded part of the carrier

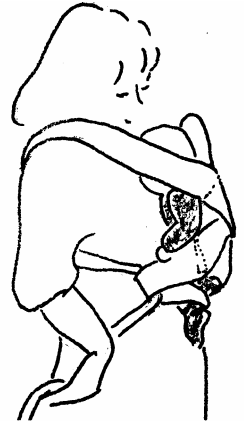
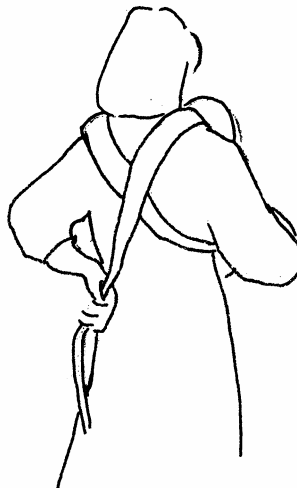
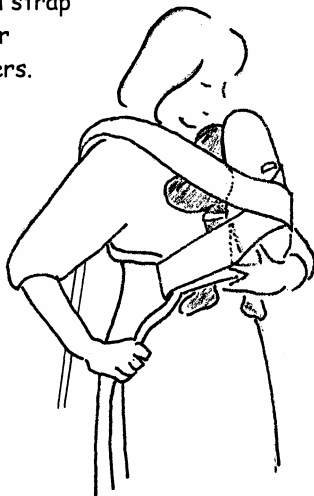
The padded strap is positioned **behind** back of baby's knees -i.e. his/her legs **do not** go through the loops. Bring Flap up between the baby's legs and tie at side.



② Lift up and hold high up your body, with baby's head level with your chin.

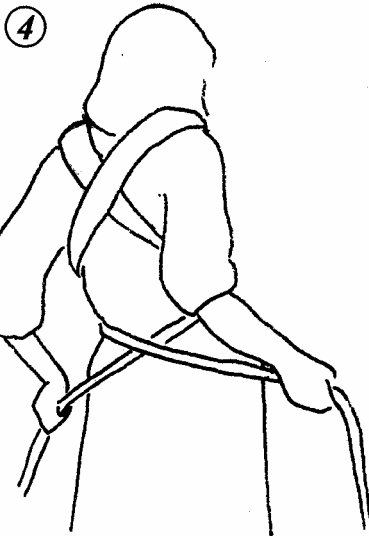
Baby's knees should be at your upper waist level

③ Take each strap over your shoulders.

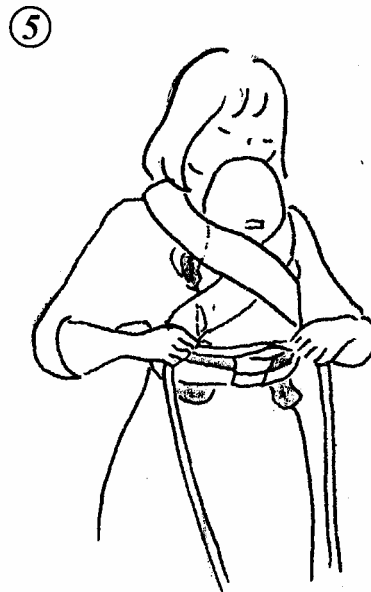


Take the left strap through the right loop, and the right strap through the left loop. Pull all the slack through the loops, pulling baby's lower half snugly into your upper waist line.

The padded base strap, (which forms part of the loops) should be positioned **behind** the baby's knees to hold baby tucked into your upper waist level.



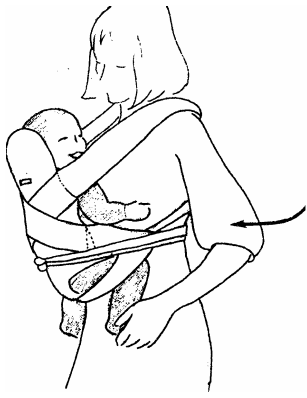
④ Take Both long straps round the back of your waist.



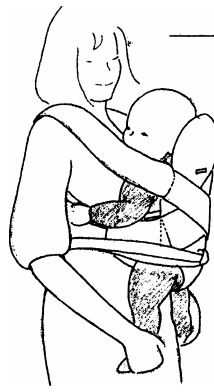
⑤ Bring to the front and tie over baby's lower back/bottom.



Tiny newborns will be "surrounded" by the WILKINET and held snugly in place.



Larger babies usually like "room to move" rather than being pressed flat against parent's chest! Ensure baby's lower half is tucked into your upper waist level with his/her upper half slightly tilted away giving room to move and look around.



As your baby becomes more active he/she may wriggle out of the "sitting" position. If this becomes uncomfortable for you, try using the loops as leg holes. Because of the way the straps wrap around both of you and draw the baby to you, your baby's weight will still be adequately supported even if you do use the loops as leg holes.

Sometimes Dads find it more comfortable to put their baby's legs through the loops.



This illustration shows **WRONG POSITION** i.e. baby is flattened and "dangling" too low against parent's body with no room for comfortable head and upper body movement. The base strap has been positioned incorrectly, behind baby's bottom, so it is not holding baby's lower half tucked into parent's upper waist level.

**TO REMEDY** Lift baby further up the body of the carrier, pulling the base strap under - his/her upper thighs and in behind the back of baby's knees. If the carrier has been tied on too low down parent's body untie the knot or bow, pull more strap length through the loops, then re-tie, with baby's lower half tucked into your upper waist level, and his/her upper half slightly tilted away to allow him/her to see and move.

**During Use** your baby may wriggle and flatten against you. Follow the suggestions outlined above to get both of you comfortable again.

**Remember** the higher up your body you carry, the more comfortable it will be

We have already pointed out that babies "fit around" their Mother's shape more easily than their Dad's but for Dads who want to use the WILKINET as you don't have a "waistline" to tuck baby into hitch baby high up, gently easing baby's legs just under your rib cage or try using the loops as leg holes - see above.

**10% off voucher**

*the new Wilkinet clothing range*



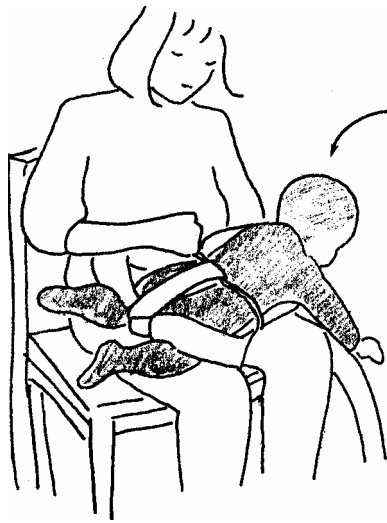
Call us **FREE** on **0800 1383 400** quoting your voucher reference below and you will get 10% off your first clothing order. Simply visit our web site to choose from our wide range of baby and toddler clothing or call for a catalogue.

[www.wilkinet.co.uk](http://www.wilkinet.co.uk)

REF: INS-2003-n1

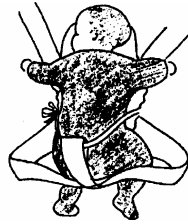
## POSITION 2: baby FACING OUT ON THE FRONT

- \* Babies with chubby legs may out grow the leg space more quickly than slimmer babies.
- \* Please remember that your baby has less head protection this way.
- \* Do not start using this position until your baby is about 3 months old.

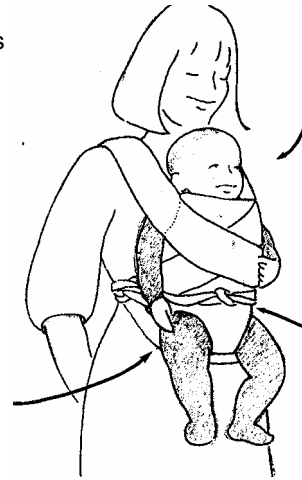


Lay baby facing onto the carrier with his/her legs through the loops

Tie the flap loosely to allow it to curve round baby's bottom when in use



Tie onto yourself as for the facing in position,



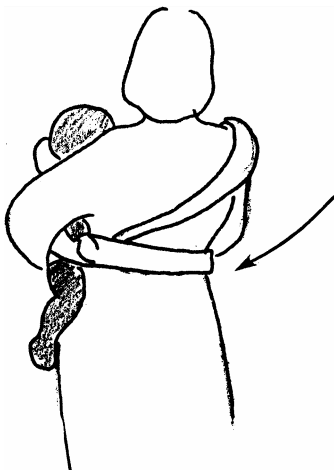
Always tuck the head rest away from your baby's face, down into the crisscross

Ensure that the curved edges of the loops follow a cut away bathing suit line so that they do not press across the front of your baby's upper thighs.

Pull the padded strap forward to support under baby's upper thighs

## Position 3: baby on the hip

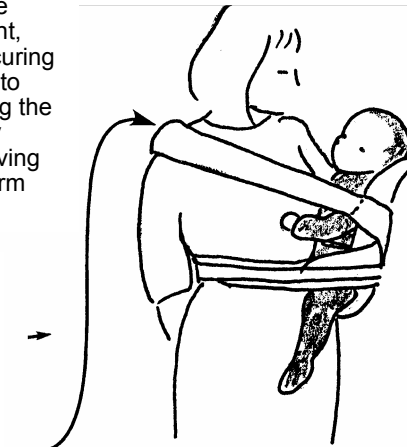
You can use this method once your baby has sufficient head and neck control. Generally we recommend this only for going out on walks, NOT for shopping trips or when doing household tasks. The reason for this is that more weight is being placed on just one shoulder and you will need one arm round the baby to avoid undue neck or shoulder strain.



Proceed as if you are going to carry on front, but before finally securing shift the whole thing to your left hip and bring the left strap horizontally across your back having first taken your left arm over the top.

Wrap straps round in the usual way and tie over baby's bottom.

Pull the strap going across your shoulder away from the side of your neck.

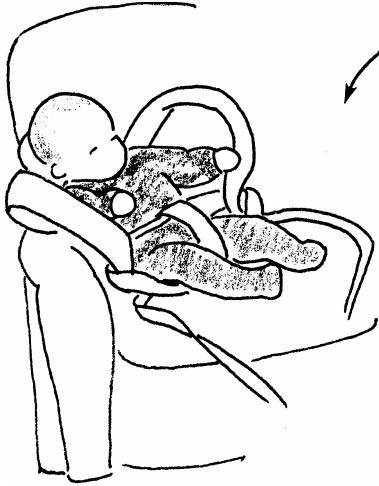


You can use the WILKINET in this position either with babies legs through loops, or supported on the base strap.



## Position 4: Baby on the BACK

Although many parents in Western Societies never try back carrying, I do **HIGHLY RECOMMEND** it. Carrying a baby this way means a lot less strain on parents' back and neck muscles. You quickly become accustomed to allowing the extra space around your back. I carried my babies like this from quite an early age because it was so much easier to get on with things with the baby on my back.

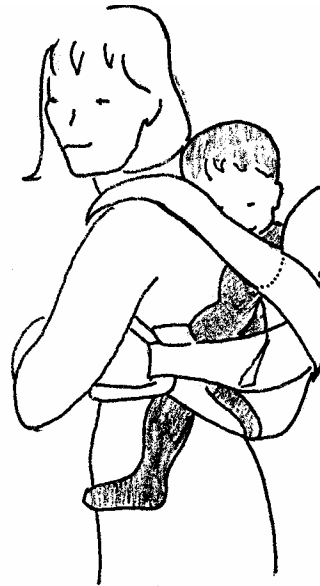


Put left strap through left loop and right strap through right loop. Pull through most of the strap length. Position baby as for front carrying **ENSURING HE/SHE IS HIGH UP ON THE CARRIER WITH BASE STRAP BEHIND THE KNEES**. Remember it is the base strap that holds your baby in position correctly.

Prop baby in a chair sit in front and put your arms through the straps. Pull baby close to you



Stand up, bending forward, push baby up your back, so that his/her knees are level with your upper waist line. Ensure that the padded strap is still behind the back of his/her knees.



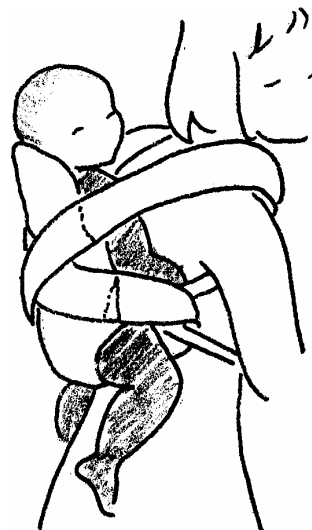
Pull through the remaining strap length, stand up straight, your baby's bottom should be sitting on the unpadded part of the **WILKINET**, with the padded base strap tucking his/her knees round your waist. Tie the straps in a bow at your front.

Tucking your baby's lower half into your waistline and tilting his/her upper half slightly away from your back will give enough room for baby's head and shoulder movement (they don't enjoy being pressed flat against your back).

If during use your baby wriggles a lot and flattens against back, bend forward again and push him/her up and pull base strap down and in behind back of knees. Shoulder straps can be adjusted and relied if necessary.



A parent who used this method of carrying for seven months found that tying the two shoulder straps across her chest helped relieve weight as her baby grew heavier.



If your baby is very wriggly try putting his/her legs through the loops to hold more firmly in position