



BABY SLING MANUAL



3-20 kg (7-40 lbs)



LITTLE FROG

IMPORTANT!

KEEP FOR FUTURE REFERENCE!

Read and follow all printed instruction before using this baby sling.



WARNING - Failure to follow the manufacturer's instructions can result in death or serious injury.

Only use this carrier with children weighting between 3kg (7lbs) and 20kg (40lbs)

WARNING Constantly monitor your child and ensure that their mouth and nose remain unobstructed.

WARNING For pre-term, low birthweight babies, and children with medical conditions, seek advice from a health professional before using this product.

WARNING Ensure your child's chin is not resting on their chest, as this could restrict breathing and lead to suffocation.

WARNING To prevent falling hazards, ensure that your child is securely positioned in the sling.

Remember:

- Always provide support until your child can hold their head up independently. Follow the instructions to ensure proper neck support for your baby.
- Be aware of hazards in the domestic environment, such as heat sources or the spilling of hot drinks.
- Never carry more than one baby at a time. Do not use more than one carrier simultaneously.
- Your movement and the movement of your child can affect your balance.
- Take care when bending, leaning forward, or leaning sideways.
- The sling is not suitable for use during sporting activities such as running, cycling, swimming, or skiing.
- Be aware of the increased risk of your child falling out of the sling as they become more active.
- Follow the washing, cleaning, and drying instructions found on the textile label on the edge of the wrap/sling.
- Regularly inspect the sling for signs of wear and damage.
- Keep the sling out of reach of children when it is not in use.

Welcome to the Little Frog babywearing world!

Thank you for choosing a Little Frog Woven Wrap. We assure you that the wrap you have got in your hands was made in Poland with the highest quality standards maintained.

Our family business was established in 2012 as a result of our babywearing passion. We are parents, too. And we have carried our children in wraps and slings - that is why we know exactly how helpful this piece of fabric may be. We hope that you will also love babywearing and appreciate the closeness and comfort while using the wrap. We took care of your new wrap to be:

- **Comfortable** – our products are woven and sewn in Poland, from high-quality, soft, and durable yarn. The weaves we have selected allow the wrap to gently adjust to your baby's weight, adapting seamlessly to both you and your baby like a second skin.
- **Safe** – Our baby slings comply with the PN-EN ISO 13934 standard (ensuring they are very sturdy) and the CEN/TR 16512:2015 standard. Additionally, all fabrics are certified to Oeko-Tex Standard 100, Class 1 (they are safely dyed, free from heavy metals and formaldehyde, and have a pH level suitable for your skin).
- **Easy to use** - Thanks to the included instructions, you can quickly and easily learn various wrapping techniques.

The baby sling you are holding is a parallelogram 70 cm wide, and the length depends on the size you choose. The middle of the wrap is marked with a “frog” label. The ends are diagonal, which is helpful while tying.

Before you start to use the wrap on a regular basis, we advise you to wash it in accordance with the washing instructions on the label. During the washing the fibres shrink a little, so afterwards your wrap would be more dense and around 5-8% shorter. It is best to use the same washing powder or washing liquid that you use for washing your little one's clothes. Avoid using fabric softener. It greases the fabric and makes it more and more slick.

Your first wrapping – how to start?

When you get used to the wrapping technique, studying the instruction, practising with a teddy bear, or doll, it's finally the time to wrap the baby. Do not be discouraged if during the first few attempts your baby seems slightly apprehensive. It is perfectly normal as this is a new experience for them. Probably you'll be a little stressed too! Take your time, take care of your comfort, move a little, maybe sing their favourite lullaby. When you take care of yourself and stay calm, it will also have a calming effect on your baby and you will see that each subsequent attempt becomes easier. While tying, try to be in motion and sway or bend your knees slightly, just like you do when you hold your little one in your arms.

Put the baby into the wrap. Make sure your baby is fed and well-rested, especially during your first attempts at wrapping. Once you become more confident and your baby gets used to the wrap, you can also use it to soothe a crying baby. After tying, remember to hug, caress, and gently sway your baby to help them feel secure in this new situation. During your initial wrapping attempts, focus primarily on your and your baby's comfort. Perfecting your technique will come with practice!

Safety instructions

- It is crucial to ensure your baby is safely supported at all times during wrapping. The correct position will vary depending on your child's developmental stage:
- Newborns should be in their natural, rounded (squat-like) position. Their pelvis should be tilted, with hands and legs bent and knees at the height and width of the hips. The baby's cheek should always rest gently against the parent's chest.
- Older babies will gradually widen their leg spread, and their spine will begin to straighten as they grow. They will also start looking around with curiosity. At this stage, the baby's face will rest on your chest only while sleeping or resting.
- Please note that every baby is unique and has individual needs. Therefore, the instructions and images in this manual should be treated as guidelines. If your baby is undergoing physiotherapy or has specific medical needs, consider bringing the baby wrap to your appointment and seeking advice from a professional. You can also show photos of properly tied babies or ask for specific tips on positioning your baby safely.

Key point for Safe Babywearing:

- Ensure the wrap is pulled tightly and fits around you like a second skin. Tighten any loose sections of fabric.
- Check that your baby's airways are clear and uncovered, allowing them to breathe freely.
- Until your baby can sit up unassisted, their spine should be supported along its full length, and their hands should remain tucked inside the wrap.
- Position your baby at a height where you can easily kiss their head.
- Follow the T.I.C.K.S. rule for safe babywearing:
 - Tight
 - In view at all times
 - Close enough to kiss
 - Keep chin off chest
 - Supported back
- Prioritize your own comfort. If the sling feels too tight or rubs against your skin, adjust it slightly. However, remember that the wrap fabric will naturally adjust to your movements over time, often achieving the perfect fit.
- Always tie the wrap with a double knot. The ideal knot is a flat knot, which you can learn about in this instruction manual. However, what is most important is that it is always a double knot.

- During your daily activities with your baby, always prioritize safety, especially when walking through doorways.
- If you plan to cook, place the baby in a hip or back carry position and exercise caution.
- Be particularly careful in slippery conditions, when climbing stairs with the baby in the wrap, or when navigating other obstacles.
- If you are using the wrap on public transport, it is best to carry your baby at the front. This allows you to have better control over your little one. When on a bus or tram, try to sit facing the rear of the vehicle.
- Remember that a specialized car seat must always be used to transport your baby in a car.
- While tying the wrap and during babywearing, pay attention to your posture. Keep your pelvis in a neutral position and maintain a straight back. This will help you avoid back pain. Engage your abdominal and pelvic floor muscles for added support.
- If you feel that your body is overstrained, or experience back or joint pain after babywearing, reduce the duration of babywearing or try a different wrapping technique. If the issue persists, consult a babywearing consultant or a pediatric physiotherapist.
- If you have any concerns about your baby's position or behavior in the wrap, seek advice from a babywearing consultant or a pediatric physiotherapist.
- While we aim to provide the most up-to-date and accurate guidelines in this instruction manual, the parent is ultimately responsible for how they use the wrap. The manufacturer of Little Frog Baby Slings does not accept liability for improper use of the wrap.
- Babywearing is a beautiful journey, a tool to foster closeness and build a strong bond between you and your baby. It can act as a safeguard against exhaustion and help create a unique relationship with your little one. If you don't feel confident or comfortable using the wrap, we encourage you to seek help from a babywearing assistant. They are specially trained to guide and assist you in mastering the art of tying the wrap.

We wish you a wonderful adventure with babywearing!

In the instructions below, you will find the three most popular wrapping techniques:

Kangaroo Carry

Pocket Wrap Cross Carry

Front Wrap Cross Carry

If you're not yet confident, practice your first wrappings with a doll or teddy bear to become comfortable with the techniques.

How to tie a flat knot?



1. Put one strand of the wrap under the other (as shown in the photo – the right strand under the left strand)



2) Next, bring the bottom strand over the top one and pass it through the middle.



3) Tighten the knot by pulling the strands outward to the sides.



4) Cross the strand that hangs downward from the knot, leading it under the other strand.



5) Bring the bottom strand over the top one and pass it through the middle again.



6) Grab both ends of the wrap and pull tightly. Remember: the same hand that guided the strand over the top should pull it out to that side.



7) Your flat knot is now complete and should look as shown in the photo.

Pocket Wrap Cross Carry

(suitable from 0+)



1) Grab the wrap at the top rail, positioning the middle in front of you.



2) Gather one half of the wrap's width in your hand, wrap it around your waist, and grab the fabric behind your back to form a pocket.



3) Slide your free hand under the wrap at your back and grab the top rail of the opposite strand.



4) Cross the strands behind your back and bring them to the front.



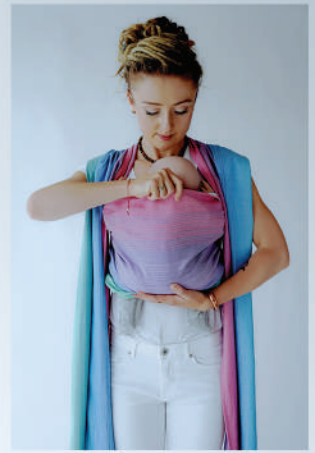
5) Place the strands over your shoulders so the top rails are near your neck, and the bottom rails rest on the outer edges of your shoulders. Ensure the wrap is evenly spread and not twisted.



6) Adjust the pocket in front to create space for your baby.

Pocket Wrap Cross Carry

(suitable from 0+)



7) Hold your baby on your shoulder as you would for burping, supporting them with one hand. Use your free hand to guide the wrap strand over your baby's legs.

8) Slide your baby onto your chest while pulling the top rail of the wrap up over their back.

9) Position the top rail near your baby's ear for support.



10) Tuck the bottom part of the wrap between you and your baby, ensuring the fabric on their back is smooth.



11) Tighten the wrap by pulling the top rail of the strand closest to you to the side and guiding it under your baby's bottom. Repeat with the other strand.

Pocket Wrap Cross Carry

(suitable from 0+)



12) Gradually tighten the wrap on both sides, working downwards, keeping tension even. Always hold the fabric under your baby's bottom.



13) Pull any loose fabric at your baby's legs toward your back.



14) Adjust the outer part of the opposite strand to tighten any remaining loose fabric.



15) Cross the strands under your baby's bottom without twisting, ensuring the fabric supports their thighs and sit bones.



16) Lead the strands under your baby's legs and tie securely behind your back with a double knot. Check your baby's position: knees at hip height, hands bent naturally, face uncovered, and wrap tight enough to support their bottom and thighs. Ensure your baby is symmetrically positioned for proper alignment and comfort.



Kangaroo Carry



1) Grab the wrap at the top rail, ensuring the middle is positioned in front of you.



2) Gather the wrap from the top to the bottom rail, folding it like an accordion.



3) Place the wrap on your shoulders and lower its middle to the level of your belly button. Ensure the fabric is evenly spread and free of twists.



4) Rest your baby on your shoulder and slide your free hand under the wrap.

5) Gently sit your baby on the wrap, supporting them at all times.



6) With one hand supporting your baby, use the other hand to pull the top rail of the wrap and stretch it over your baby's back up to their neck. Smooth the fabric along your baby's back and pull any excess downward toward the bottom. Ensure the top rail near your baby's neck is also close to your neck.

Kangaroo Carry



7) Tuck the bottom part of the wrap between you and your baby. Ensure the fabric spans evenly from one popliteal fossa (the back of the knee) to the other.



8) Slide your hand under the wrap tail near your shoulder, grab the top rail (the one close to your neck), and some of the fabric. Turn it inside out to create a "sleeve."



9) Repeat Step 8 on the other side.



10) Reach behind your back with one hand, grab the rail of the opposite wrap tail, and pull it diagonally across your body to the front.

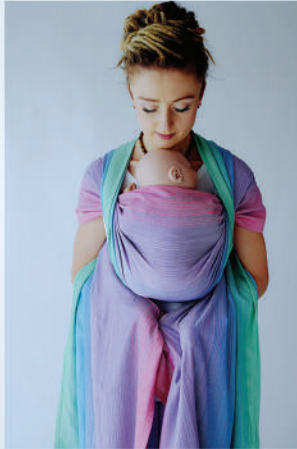


11) Slide your hand under the wrap to grab the other rail and ensure the fabric spreads evenly along your forearm.

Kangaroo Carry



12) Repeat Steps 10 and 11 on the opposite side.



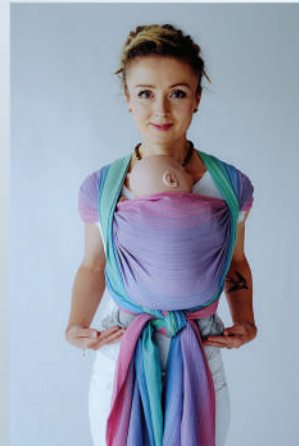
13) Tighten the top rail (forming the “sleeve”) starting with the strand closer to your body. Pull it to the side, using small shoulder movements to help. Repeat this step on the other side.



14) Gradually tighten each strand piece by piece, supporting your baby’s bottom as you do so.



15) Once tightened, tie a flat knot directly under your baby’s bottom.



16) Ensure your baby is positioned symmetrically: knees should be at hip height, hands bent naturally, and face uncovered. Check that the wrap is tight enough and properly supports your baby’s bottom and thighs.

Front Wrap Cross Carry

(suitable from 4m+)



1) Place the wrap behind your back so that the middle is positioned at the center of your back, near the lower back (loins).



2) Gather the wrap from top to bottom, folding it like an accordion.



3) Bring one wrap strand to the front and place it over your opposite shoulder. Ensure the strand is not twisted. Repeat with the other strand on the opposite side.



4) You should now have the first "X" formed across your torso. Insert your thumbs into the strands on both sides and pull them down to hip height. Adjust the height as needed.



5) Fold your hands together and place them inside the wrap to move the formed cross to the level of your belly button.



6) Reach behind your back with one hand to grab the top rail of the strand closest to your body. Bring it to the front.

Front Wrap Cross Carry

(suitable from 4m+)



7) Repeat Step 6 with the other strand. Gather the fabric of both strands in your hands, forming another "X" on your back.



8) Tie the wrap in front of you with a single knot.



9) Rest your baby on your shoulder where the outer wrap strand is placed (similar to burping). Slide your free hand under the wrap strand and guide one of your baby's legs under it. Repeat the process with the other leg by resting your baby on the opposite shoulder.



10) Sit your baby on the wrap with both legs positioned symmetrically. Ensure the wrap strands pass through your baby's popliteal fossae (behind the knees).



11) Stretch the inner wrap strand over your baby's entire back.



12) Slide your hand under the outer wrap strand and spread it thoroughly over your baby's whole thigh, reaching the popliteal fossa.

Front Wrap Cross Carry

(suitable from 4m+)



13) Ensure the fabric on your baby's back is smooth and free of creases.



14) Untie the single knot and begin tightening the wrap. Start with the strand closer to your body, pulling the outer rail of the strand tightly.



15) Tighten the wrap piece by piece downward on both sides. Ensure your baby is symmetrically positioned: knees at hip height, hands bent naturally, face uncovered, and the wrap tight enough to support their bottom and thighs.



16) Lead the wrap strands under your baby's legs and tie a flat (double) knot securely beneath your baby's bottom.



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