

## Annabear Pouch Instructions



### General Pouch Tips:

To fold, tuck one side into the other, making sure the edges are even. To put on, find the curved seam, and slip the carrier on like a sash. Be sure open side is UP! Try wearing carrier on both shoulders, and see what feels best to you. When settled in the sling, the seam should be located at baby's bottom or back, depending on carry. Outer rail should be up high on baby, to armpit level or above, for security. Be sure the fabric is spread wide across your back, and that the pressure is on the outer edge of your shoulder rather than your neck.

**Nursing:** Start out in the cradle carry. Adjust shirt as needed first, then pull down the inside layer of the sling. The outer layer can be used for privacy if you wish. Or use the nursing carry. (topheavy moms may find the nursing carry easier to feed baby in. Try both and use whatever works best for you.

### SAFETY FIRST:

Keeping your baby safe is your responsibility, by reading and using these instructions you are agreeing to this. We are not responsible for any accidents or injuries caused when using our product.

I have tried all of these carrying positions out with my own children, and am comfortable in saying they can be done safely. However, it is your responsibility to use them with caution and to take extra precautions to ensure that your children are safe when putting them in and wearing them in any baby carrier.

**ALWAYS** check the seams of your carriers before use. (Pouches, pay special attention to the curved seam) If any rips or tears are visible, or the fabric seems compromised in any way, **DO NOT USE**.

**DO NOT** wear your baby while cooking.  
**DO NOT** wear your baby and drink a hot liquid.  
**DO NOT** wear your baby in a moving car. These carriers are not car seats!

Use caution going through crowds, doorways, etc. A baby in a carrier is like an extension of your body, just as he was when you were pregnant. Remember to account for their little extremities as you move about the house. Don't forget, babies like to grab anything within reach, and they often will. Generally speaking, just use your common sense.

### Newborn/ Nursing Carry: 0-3m

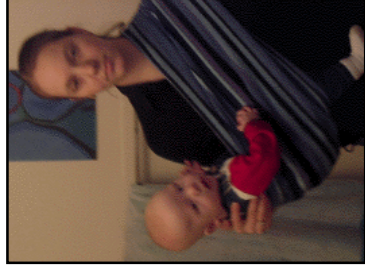


Start with padding on the outside, and the seam in front of your body. Set baby's bottom along the seam, and lay baby's head toward the crook of your arm. (AWAY from shoulder using sling) This hold is great for breastfeeding, and for newborns with little head control. Baby is not so "lost" in the carrier, with this position. This is basically the cradle carry, with baby placed in facing the opposite way.

### Cradle Carry: 0-9m



This is the more Traditional Newborn Carry. Start with padding on the outside, and seam at nipple level. Set baby's bottom along the seam, and rest baby's head up toward the shoulder that the sling is resting on. This can be used while breastfeeding, to feed baby on that side, as well as the Newborn/Nursing carry. This hold is great for newborns, with little head control, or sleepy little ones.



\*Shoulder Flip:

If baby seems to be leaning away, when in the hip or tummy to tummy carries, try this! Grab the outer layer of fabric, pull it up and out, so it cups your shoulder. This will shorten the outer rail of the pouch, and bring baby closer to you.

This is best used after baby can sit up with a little help.

**Back Carry: 4m-40lb**



Settle baby into a hip carry, and pull the outer layer up HIGH on baby's back: at least to armpit level. Once you are certain baby is secure, raise your arm up over baby's head so both arms are free and in front. Baby will be just behind your arm. Grab the fabric up at your shoulder, and with your other hand just in front of baby's body, swing the whole sling around, until baby is resting on the back edge of your hip, or on your back, whichever feels most comfortable to you. This is best used after baby can sit up with a little help.

For more wearing instructions and to see live photos, go to: [www.annabearbabyware.com](http://www.annabearbabyware.com).

**All carriers being used within the Colorado Springs area come with a free consultation.**

To set up a time to meet for your consultation, or to set up a babywearing class, call or email:

**Rebecca Harris (719)237-1162**  
**AnnabearBabyware@hotmail.com**

**Kangaroo Carry: 3-9m**



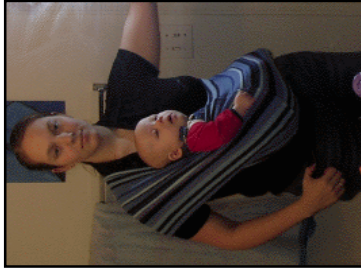
Start with padding outside, and the seam in FRONT of you. Open the front of the sling and lower baby in, bottom first, helping legs cross if needed. You can pull the front edge of the fabric around baby, so just the head and an arm are out, or so both arms are out, or just baby's head is showing. Be sure the front edge of the sling is at least at armpit level. This carry can be used once baby has good head control.



**Hip Carry: 4m-40lb**

Start with any padding next to you, and seam around nipple level. Lift baby with one arm, and open the sling with the opposite hand. To ease baby's legs in, you may need to toss baby over your shoulder~ they get a kick out of this anyway! Pull both layers away from you, to get baby's legs through, and settle baby in. Pull up the front layer only, around baby's back. It should be pulled up high, at armpit level, so baby if baby leans back, they will not fall out. If baby is leaning away, try using the shoulder flip\* to pull baby close to you.

**Side Kangaroo Carry: 2-9m**



This carry is a cross between a cradle carry and the Kangaroo. My son actually preferred this to the typical Kangaroo carry, and was still our most-used carry, at 6 months. Start off as though using the typical cradle carry, but allow baby to sit up. Both arms out of the edge, head may be leaning back on the fabric by your shoulder. It's great, as when he falls asleep, I just open the edge and let him lay back, and he is in a snug, warm cradle carry again.

**Tummy to Tummy Carry: 0-9m**



Set baby's bottom along the seam, and settle baby in, guiding feet straight down into the pouch. Padding can be next to hip, if baby's legs are out, OR outside. Some babies prefer legs in, others out. Try both and see what works! If you use this carry before baby has good head control, just position baby's head so he is facing out, and ease the shoulder of the carrier around his head.