

# INSTRUCTIONS

# MEI TAI

Baby carrier



safe versatile beneficent ergonomic



# Chimparoo Mei Tai



**IMPORTANT!** PLEASE KEEP INSTRUCTIONS FOR FUTURE USE

Failure to follow the manufacturer's instructions can result in death or serious injury. Read and follow all instructions before assembling and using the soft carrier. Follow the manufacturer's recommended weight range when using this carrier. Never use this carrier for a preterm infant without seeking the advice of a healthcare professional.

## WARNING - FALL AND SUFFOCATION HAZARD



### FALL HAZARD

Small children or infant can fall through a wide leg opening or out of carriers. Adjust leg openings to fit baby's legs snugly. Before each use, make sure all knots are secure. Take special care when leaning or walking. Never bend at waist; bend at knees. Only use this carrier for children between 7 lbs and 45 lbs. Your balance may be adversely affected by your movement and movement of your child. Take care when bending or leaning forward. **Never use a soft carrier when balance or mobility is impaired because of exercise, drowsiness, or medical conditions.** Leaning, bending over, or tripping can cause baby to fall. Keep one hand on baby while moving. A person with physical problems that might interfere with the safe use of the product, including but not limited to muscular or skeletal problem, problems with balance or dizziness or painful disorders of the back or legs, should not use a baby carrier. This carrier should not be used in any instance where the wearer's balance and reflexes may be impaired. Avoid wearing your baby if you are tired, in pain, or have taken any substance that impairs your judgment. You are responsible for the safety of your child and any consequences that may ensue if it is not used safely. Do not take part in any activity that may cause you or your baby to fall. The child carrier is not suitable for sports activities.



### SUFFOCATION HAZARD

Infants under 4 months can suffocate in this product if face is pressed tight against your body. Do not strap infant too tight against your body. Allow room for head movement. Keep infant's face free from obstructions at all times. Be aware of respiratory distress and risk of suffocation, particularly in babies up to 4 months. Your baby may be at risk of insufficient oxygen, suffocation and even death if you do not follow these instructions. **Premature infants, infants with respiratory problems, and infants under 4 months are at greater risk of suffocation.** Up until the age of 4 months, always verify that baby's mouth is not obstructed, and that there is enough space to permit good air circulation around baby's nose and mouth. Ensure the infant's face is above the fabric, visible, and free from obstructions at all time. Baby should not be curled tight chin to chest. Ensure the baby does not curl into a 'C' position with the chin resting on or near the chest. This position can interfere with breathing, even if nothing is covering the nose or mouth. You must be able to put one or two fingers between chin and chest. Be careful that the head is positioned further up in the carrier. Bad head position could place an infant at risk of respiratory distress, oxygen deprivation or even suffocation and death. Tilt your baby's head to the side and follow the instructions as indicated in adjusting the baby carrier so that baby's back is supported, with a slightly rounded curve. The baby must not be curled up in the carrier. Always verify the state of your baby.

**Head support may be required for a baby less than 4 months old if the baby is not positioned horizontally. Child must face towards you until he or she can hold head upright.**

**Risk of injuries or burns. Never use a soft carrier while engaging in activities such as cooking and cleaning which involve a heat source or exposure to chemicals.** Do not cook or use dangerous objects while carrying your baby forward or on your hip. Be careful when walking through cluttered areas. Everything within the baby's reach can be dangerous. Always verify the child's position and the state of the knot. Be aware of the space around you when you turn or bend over to avoid injury to your child. Be careful around hot liquids, heavy or pointy objects!

**Check to assure all buckles, snaps, straps, and adjustments are secure before each use.**

**Do not use your carrier if there are signs of wear and tear. Inspect every part regularly.** Check for ripped seams, torn straps or fabric and damaged fasteners or hardware before each use.

**Never wear a soft carrier while driving or being a passenger in a motor vehicle.**

**Never leave a baby in a carrier that is not being worn.** When not wearing your child in the carrier, do not leave your child to play with the carrier without adult supervision.

**Check on the baby often. Ensure that the baby is periodically repositioned.** Avoid wearing a baby over one hour in the same position. Allow your child to move. Watch for signs of compression and bad circulation. A bluish coloration is a dangerous sign. To avoid this, regularly check that the material is not constricting the legs, lift up the knees, move the ankles, the knees and the hips of baby and change his position. If baby falls asleep, do the same verifications regularly.

**If using the carrier while breast feeding, always move the baby's face away from the breast after the baby is done feeding.**

**Never place more than one baby in the carrier. Never use/wear more than one carrier at the time.**

**Be aware of heatstroke and cold.** Do not overdress the baby, especially indoors or in warm weather. Be cautious in times of extreme heat. Always cover exposed skin from the sun. Your baby has more to fear from the heat than from the cold while in the carrier. In cold weather, make sure to cover both head and feet. Always check the blood circulation in the legs. When it is very cold, avoid exposing any extremities. Be attentive to your baby's needs.

**Ensure proper placement of child in product including leg placement. Ensure that the baby is safely positioned in the carrier according to manufacturer's instructions for use.** Baby's back must be supported in a curve. Avoid putting baby such a way that the back takes up a hollow position, such as when baby's knees are lower than the bum, and baby thus is dangling by the crotch. This may lead to poor circulation and risk of back injury. Baby must be placed in the physiologic position to have the correct spinal curvature. Baby's pelvis will be tilted forward, knees slightly apart and raised to the level of baby's navel. Seen from the back, the bent legs form an "M". We recommend you limit facing baby out for a variety of reasons.

**Adjusting baby's height.** Baby must not be sitting too low on your hips. Baby's bum should be level with your waist. Baby can be placed higher with back carries. A simple way to verify baby's height is to kiss his forehead. If you need to bend down, baby is too low! If necessary, the carrier may be fastened high on the chest for a back carry. This allows your baby to see over your shoulder.

**Read the instructions carefully. In order to avoid any injury,** You are responsible for reading, watching the video or DVD and understanding all the knotting instructions before using the carrier. We are not responsible for any improper use that may cause serious injury. Practice with a cushion, a stuffed toy or a doll before using a carrier with your baby. Ask someone you trust to help you until you feel comfortable. Stand in front of a mirror or other reflective surface to verify baby's position. Always be aware of your baby's needs. Although the risk of suffocation is slim, make sure your child is comfortable, that he is breathing well and that he is not too hot. Practice on a soft cushioned surface such as a bed or sofa as needed.

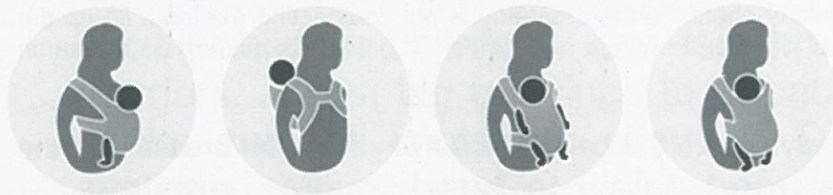
**Washing instructions.** Hand wash or in a bag for delicates items in a front door opening washing machine. Rub gently the surface in order to preserve the quality of your carrier. Hang to dry. Wash separately with like colors.

# DESCRIPTION

There are a variety of knots and ways to wear one child with a Mei Tai. By sharing your experience with other parents, participating in workshops or by browsing the web, you will discover plenty of different knots, tricks and clever ways to vary and ease use. The Chimparoo Mei Tai is a baby carrier designed to respond to the needs of you and your baby with exceptional comfort. Versatile, light-weight and compact, this carrier accommodates baby from 7 lbs to 45 lbs in an ergonomic position that promotes healthy hip and back development. Baby's weight is evenly distributed on the wearer's two shoulders. Baby can be worn in a variety of positions, including tummy-to-tummy, forward facing out, on the hip and on the back. The fabric is supple, with flexible padding at the waist and shoulders. The Mei Tai stows away easily, taking up minimal space.



## 4 ergonomics positions



**hip**



**back**



**face**



**tummy**

## INSTRUCTIONS

Please refer to the DVD for an illustration of the recommended physiologic position for a baby and the complete instructions. Legs are in a spread-squat position, with support up to behind the knees. There is ample support for the pelvis, with the back mostly upright. For more information, visit our website at [www.chimparoo.ca](http://www.chimparoo.ca).

## From birth (3-4 first weeks) (7-15 lbs)

During the first few weeks, the baby is more comfortable with the legs inside the carrier as in the fetal position with good vertical back support. A baby's back is fragile, requiring support until the spinal column develops enough strength to keep the body upright against gravity. This carrier can be adjusted in many ways to provide adequate support during this critical period.

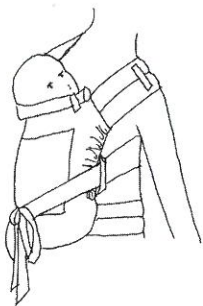
The DVD shows you how to install your baby in the Mei Tai with the use of the lateral and horizontal straps, and also how to adjust the length of the body of the carrier.



**Always keep a hand on baby's back while you are tying the straps.**

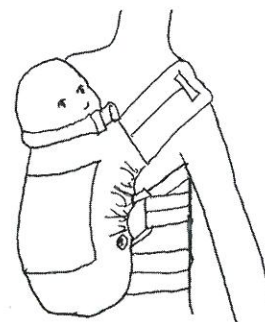
The lateral slots angle the straps for a more secure positioning of a tiny baby. When they are used with a baby weighing less than 15 lbs, the slots also increase the tension in baby's lower back. This helps to keep the back upright, and deters the baby from assuming a curled up position with the neck bent.

When baby is worn in the front, cross the straps on the back and thread them through the slots. You now have two ways to tie the straps.



1- Continue pulling the straps to the front and tie off under baby's bum. This conventional way to use the Mei Tai is recommended for babies over 15 lbs. Verify baby's back and head position. If adjustments are needed, start by tightening the top of the straps and reposition baby's pelvis and back. If this is unsuccessful, go to method #2 below.

2- Instead of tying off in the front, bring the straps behind you, pulling firmly on each side to create adequate tension. Tie off on your back. Alternately, cross the straps and bring them to the front before tying into a knot. Please note that although the slots are reinforced, they will weaken easily if used with a child over 15 lbs.



## When baby is comfortable with legs out

Baby's legs and pelvis require support from a large seat area. Ensure that the fabric is spread out to the backs of the knees with legs in a spread-squat position. Baby should be comfortable with the knees raised so the baby assumes a seated position with legs slightly spread apart (hip flexion and anterior tilt to the pelvis). The horizontal toggles allows you to narrow the width of the carrier, thus allowing a small baby to be comfortable in a legs-out position. Ideally, the knees are outside the carrier and pointed upwards. Measure the distance between the knees to get an approximate idea of the length to set the horizontal toggles. The baby's bum should be centered and at the lowest point of the carrier to have the knees in the proper position.

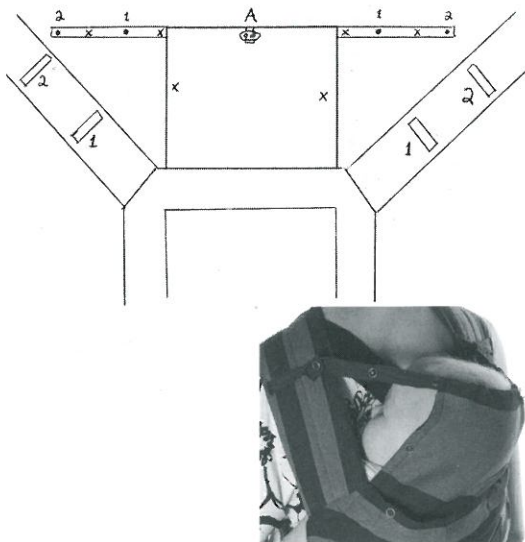
Refer to the DVD and our website for instructions on how to wear your baby with legs out in front or on the hips. As in the case with a newborn, if the baby is less than 15 lbs, you may thread the straps through the slots and follow either method 1 or 2 above.

## From 4 months to 4 years old (12 lbs-45 lbs) On the front, hip or back

When the knees are completely outside the body of the carrier, the horizontal toggles are no longer necessary and the slots are less important. To prevent the legs from dangling straight down, position the straps to help lift the knees. The straps cross under baby's bum, skipping the slots altogether. Pass the straps under baby's knees and bring them around your waist. Tie your final knot. Verify that the straps do not leave any marks on the skin or are fastened too tightly. Add a small cushion or towel under the knees if desired. Spread out the fabric of the straps to avoid having the straps dig into the skin. Avoid twisting the straps.

When wearing baby on your back, attach the waist belt as high as possible, even at the level of the armpits if this is comfortable for you. Adapt the height as needed for your comfort.

Watch the DVD or visit the website to see the complete tying instructions on your back.



### Head support

When baby is carried in the front, use male button #1 and shoulder slot #1 for the head support. The female buttons on the head support itself or the straps are suitable for a small infant. Button #2 and shoulder slot #2 are intended for back carries.

If you are alone, and there's a good chance your baby may fall asleep, the sleep hood needs to be opened before placing baby on your back. Once unrolled, the head support is easily accessed by the straps. Grasp one strap with one hand and pull up the head support to cover baby's head. Thread through shoulder slot #2. Bring your other hand over and behind your head to grasp the other strap and repeat as above.

### We're here to help

Please take the time to watch the DVD for complete instructions and more safety. A positive babywearing experience for you and your child is our priority. Please do not hesitate to contact us if you are experiencing difficulty. Workshops are held in locations around the globe. Support is also available by telephone or e-mail. Visit our website to find a list of accredited reference that could also give you more support. You may contact our retailers, as they are generally a knowledgeable source of technical support.

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