

Tips for safe babywearing

1. Baby high enough to kiss.
2. Baby's face visible & chin off her chest.
3. Round back. Neck and back well supported.
4. Baby's knees higher than her bottom (M-position).



⚠ WARNING – FAILURE TO FOLLOW THE MANUFACTURER'S INSTRUCTIONS CAN RESULT IN DEATH OR SERIOUS INJURY. ONLY USE THIS CARRIER WITH CHILDREN WEIGHING BETWEEN 7 AND 50 POUNDS.

SUFFOCATION HAZARD: • BABIES YOUNGER THAN 4 MONTHS CAN SUFFOCATE IN THIS PRODUCT IF FACE IS PRESSED TIGHTLY AGAINST YOUR BODY. BABIES AT GREATEST RISK OF SUFFOCATION INCLUDE THOSE BORN PREMATURELY AND THOSE WITH RESPIRATORY PROBLEMS.

• CHECK OFTEN TO MAKE SURE BABY'S FACE IS UNCOVERED, CLEARLY VISIBLE, AND AWAY FROM CAREGIVER'S BODY AT ALL TIMES.

• MAKE SURE BABY DOES NOT CURL INTO A POSITION WITH THE CHIN RESTING ON OR NEAR BABY'S CHEST. THIS POSITION CAN INTERFERE WITH BREATHING, EVEN WHEN NOTHING IS COVERING THE NOSE OR MOUTH.

• IF YOU NURSE YOUR BABY IN CARRIER, ALWAYS REPOSITION AFTER FEEDING SO BABY'S FACE IS NOT PRESSED AGAINST YOUR BODY.

• NEVER USE THIS CARRIER WITH BABIES SMALLER THAN 8 POUNDS WITHOUT SEEKING THE ADVICE OF A HEALTHCARE PROFESSIONAL.

FALL HAZARD: • LEANING, BENDING OVER, OR TRIPPING CAN CAUSE BABY TO FALL. KEEP ONE HAND ON BABY WHILE MOVING.

Washing & Caring:

Most Vanamo ring slings are machine washable. Do not use fabric softeners. Wash cotton, linen and hemp slings at 40 degrees of Celsius. Wash wool slings in cold water and use wool cycle or delicate's program. Hand wash is recommended for Vanamo with silk. Use a sock or piece of fabric around the rings to protect the paint. Hang dry or lay flat. Iron cotton, linen and hemp with medium temperature. Wool or silk should be ironed with low temperature. Use steam on linen & hemp Vanamo. Store your baby sling in a dry place, at room temperature.

Liinalapsi Oy offers a 12 month warranty for Vanamo sling. Warranty covers for materials and workmanship. Warranty does not cover any faults caused by improper use or care of product. Proof of purchase is required. The child's safety is your responsibility. The instructions for use are a guide to safer babywearing but they do not guarantee the full safety of child. All legal proceedings or lawsuit are processed by the Finnish law and at the court of Finland.

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Instruction Manual:

Vanamo Ring Sling

Introduction & Safety

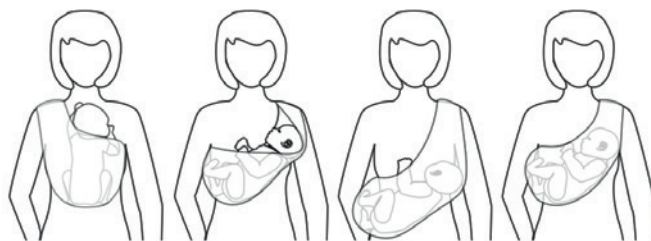
A safe and ergonomic Vanamo ring sling is an excellent help with everyday child care and carrying the baby or babywearing has proven to have many positive influences on baby's development and wellbeing. You can start babywearing with a newborn and continue using the sling up to the toddler age. There is no minimum weight limit for using the ring sling and even premature babies benefit from being carried. If your baby is under 8 Pounds, please ask for help of a healthcare professional or experienced babywearing consultant. The recommended minimum weight of child is 7 pounds (3 kg). The maximum weight of child is 50 pounds (22 kg).

Read and follow all printed instructions and view instructional videos (if applicable) before use. Find help also at local sling meets, Youtube videos and online discussion groups. Ask another adult to help you, if you feel unsure. When you first start wearing the baby, make sure that she is well fed and calm. It is also good practise to start moving when the baby is in the sling for example take a walk. The movement will calm the baby.

We strongly recommend that you will always carry the baby in an upright position and facing towards you. Carry a small baby high against your chest and her head close enough to kiss. Carry the baby in the ergonomic frog leg or M position: baby's legs open and her knees at the same level or higher than her bottom. Baby's back should be slightly round and baby is resting closely against your body. Make sure the sling reaches from baby's knee-pit and up to her neck. Vanamo ring sling can be used on the front, hip and back carry.

Check often to make sure baby's face is uncovered, clearly visible, and away from caregiver's body at all times. Baby's nose should not be pressed against your body. Make sure baby does not curl into a position with the chin resting on or near baby's chest. This position can interfere with breathing, even when nothing is covering the nose or mouth. If you nurse your baby in carrier, always reposition after feeding so baby's face is not pressed against your body. Never use this carrier with babies smaller than 8 Pounds without seeking the advice of a healthcare professional.

Check for ripped seams, torn straps or fabric, and damaged hardware before each use. If found, stop using carrier. Always check to ensure that all knots, buckles, snaps, straps, and adjustments are secure. Ensure that the baby is safely positioned in the sling carrier according to manufacturer's instructions for use. Never leave a baby in a sling carrier that is not being worn. Check on the baby often. Ensure that the baby is periodically repositioned. Never use a sling carrier when balance or mobility is impaired because of exercise, drowsiness, or medical conditions. Never place more than one baby in the sling carrier. Never use/wear more than one carrier at a time. Never use sling carrier while engaging in activities such as cooking and cleaning, which involve a heat source or exposure to chemicals. Do not perform any activities that might put your baby in danger for example bike or horse riding, running, jogging or jumping. Never wear sling carrier while driving or being a passenger in a motor vehicle. Do not lay down or sleep while baby is in the sling or sling.



Correct
Upright (optimal)
Chin up, face visible
Nose and mouth free

Correct
Reclined
Chin up, face visible
Nose and mouth free

Incorrect
Baby's face covered
and pressed tight
against wearer

Incorrect
Baby is hunched with
chin touching chest;
face covered



1. Place the rings right below your shoulder and pass the sling fabric through the rings. Make sure the fabric is not twisted.



2. Pass the sling back and over the upper ring and through the lower ring. Tuck your fingers between the rings and spread the fabric across the rings evenly. Make sure the fabric is not twisted.



3. Adjust the sling to suitable length: the bottom of the sling should settle at your waist level.



4. Lift your baby up and hold her against your free shoulder. Slide the baby down into the sling. Guide baby's feet through the bottom part of sling. You can place the baby in the front: belly to belly or on the hip. Support baby with one hand until the sling is properly tightened.



5. Guide baby's feet to the M-position: baby's knees higher than her bottom. A small baby likes to keep her legs only slightly open – a bigger baby will take more wide "frog-leg position". Make sure the sling reaches from baby's knee-pit to knee-pit.



6. Pull the upper edge of sling high up to baby's neck. The fabric should be smooth behind baby's back. Gather excess fabric under baby's bottom and behind the neck.



7. Tuck fabric under baby's bottom – you can even pull some fabric between you and the baby in order to make a proper pouch for baby.



8. Tighten the top rail of the sling behind baby's neck: gather loose fabric next to the rings and pull the edge of the sling tail. Try to find the correct angle for pulling – the fabric will slide more easily through the rings.



9. If necessary tighten also the bottom part of ring sling: pull the other tail of sling tail and the middle part of fabric. Do not tighten too much as it may affect the M-position.



10. Spread the sling comfortably over your shoulder and across the back. If the ring sling starts to hurt your neck, pull the fabric away from the neck towards your shoulder.



11. Baby is resting against your body, baby's bottom is deep in the sling pouch, her legs are in M-position. Baby's back is round and the fabric is supporting the back from bottom to top.



12. Baby's face is always visible. Make sure her nose is not pressed against you and baby can breathe easily. You can make an extra support behind baby's neck: shape a small cushion from a piece of fabric or the tail of sling and place it under the top of the sling.