GIRASOL

Woven Wrap Carrying Instructions

⚠ WARNING

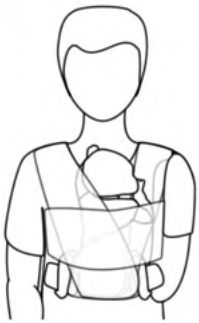
Failure to follow these warnings and the manufacturer's instructions can result in death or serious injury.

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.
- Only use this carrier with children weighing between 8 and 35 lbs.



Correct
Chin up; face visible; nose and mouth free

Correct
Face clear of fabric; spine supported

Incorrect
Face covered or pressed tight against wearer

Incorrect
Baby hunched with chin on baby's chest; face covered

⚠ WARNING

- Read and follow all printed instructions before use.
- 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 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.
- Never wear sling carrier while driving or being a passenger in a motor vehicle.
- Never place more than one baby in the sling carrier.

CARE AND MAINTENANCE

Cleaning: Our carriers are all made from fabric that may be washed in the machine at 60°C (140°F).

Wraps can shrink a little after the first wash – the lengths stated refer to the lengths after washing. Your Girasol wrap may be ironed and occasionally – if haste is required – even dried in tumble-driers on air dry or low heat.

Storage: Store your wrap away from direct sunlight and avoid excessively hot or cold temperatures.

SIZING NOTE:

Girasol wraps come in many sizes and can work for parents of all sizes.

Front Wrap Cross Carry uses a long wrap size.

Rucksack Carry and Hip Carry can be done with a shorter wrap.

If your wrap seems too short or too long for the carry you want to do, contact the store you purchased from.

HOW TO TIE THE KNOT

Always use a tight double knot to secure your wrap.

1. tie a half knot with one end coming over the other.
2. use the same end that came over and cross it over again to tie the second half knot.
3. pull the knot tight.

FIND THE CENTER

To follow these instructions you will locate the center of the wrap to put on your baby's back. Look for the small red Girasol tag sewn into the hem at the center of your wrap. That will be the approximate center.

FRONT CARRY (FRONT WRAP CROSS CARRY) NEWBORN THROUGH TODDLER

Make sure you are always supporting your baby's weight until the wrap is 100% securely holding baby.

1: Find the center of your wrap by finding the small Girasol tag sewn on the hem.

Put the center of the wrap high on your chest. Take the right side of the wrap and hold the top edge out to your side in your right hand.

2: Pass the top edge behind your back under your right arm and use your left hand to pull it up to your left shoulder without twisting the wrap.

Gather the wrap over your left shoulder and let it hang down in front of you.

3: Now take the other end of the wrap and bring it around your left side to your back. Pass that top edge to your right hand.

4: Pull wrap up to your right shoulder, letting the wrap spread wide and flat across your back without any twisting.

Bring it over your right shoulder and let it hang down in front.

5: Tighten the wrap so it stays across your chest (not your stomach) by pulling on the wrap ends coming over your shoulders.

Especially tighten the bottom of the pocket by pulling on the bottom edges of the wrap at each shoulder.

6: Lift your baby up to your shoulder in a burp position and put your other hand up through the wrap pocket from the bottom.

7: Gently lower baby's legs down through the pocket to come out the bottom.

Hold your baby securely while letting baby's bottom sink down over the wrap.

8: Pause to check positioning:

Baby should be straddling you (knees a few inches apart for babies under 3 months, wider for older babies) with bottom lower than knees.

Baby's spine will be rounded, bringing baby's cheek against your chest.

9: Continue holding baby against you with your hand while pulling the top edge of the wrap up over baby's shoulders.

NOTE: In the next few steps, you will be tightening the pocket around your baby by pulling the wrap ends upward over each shoulder.
Any time you are pulling looseness out, you should be reaching back and up. If you pull forward or down, the wrap can rub across your shoulder and the friction can prevent the slack from pulling out.

10: Always keeping a hand on your baby, tighten the top edge around baby's shoulders by pulling up on the top edge over your right shoulder.

11: Bring the tightened top edge down to your left hand, which is still holding baby. That hand/arm will support baby while holding the section of wrap you have already tightened.

Remove the rest of the slack from the wrap across your back: first reach up over your right shoulder with your right hand.

Next pull the middle section of wrap tight over your back and bring the tightened section of wrap down to hold in your left hand.

Do the same with the bottom edge until the entire width of the wrap is snug on your back and held securely in your left hand.

12: Take the tightened wrap end in your right hand. Also use that hand to support your baby.

Repeat steps 10 and 11 with the loose end of the wrap that's hanging over your left shoulder until the entire wrap is evenly tightened.

NOTE: You are done tightening when you can support your baby holding only the two wrap ends, and baby is not able to budge, lean, sink or turn.
There should be no space between your chest and your baby.

13: Now you can bring both wrap ends straight down along baby's sides.

14: Being careful not to let any looseness into the wrap, switch the ends to your opposite hands over baby's legs and cross under baby's bottom.

15: Now bring each wrap end under baby's legs. The crosses will help hold up baby's knees in a squat position.

Gently bounce baby up and simultaneously pull on the two ends to tighten up the carry one last time.

16: Tie behind your back with a double knot (see the knot illustration).

17: Make sure your shoulders are comfortable by pulling the wrap away from your neck to lie on top of your shoulder on each side.

OPTIONAL: If desired, you can spread the bunched wrap on one side up over baby's back and the back of baby's head for head support.

You may find slack in the section of wrap that you just spread over baby. Find the looseness, work it down under baby's leg and retie the knot behind your back.

NOTE: Do not cover baby's face! You should be able to see your baby's face at all times and it should be clear of fabric.

It is important that your baby's chin does not sink forward toward your baby's own chest.

Check that baby's chin is up and that you can fit at least two adult finger widths between baby's chin and chest.

Baby should be high on your chest, close enough to easily kiss the top of baby's head. You should always be able to see baby's face clearly, and the wrap should be snug enough to prevent baby from shifting, sinking or leaning.

BACK CARRY (RUCKSACK)
4 MONTHS THROUGH TODDLER

Learning to put your baby on your back is a more advanced skill and will take some practice. Use a doll or stuffed animal to practice getting baby onto your back until you learn to do it easily!

While learning to wrap your baby on your back, start standing with your back to your bed (or even sit on your bed) while wrapping. Do not attempt back wrapping without the bed until you are confident you can do it safely. Use a mirror to check that your baby is well positioned.

Note: be sure to be either holding your baby or the two wrap ends that are holding your baby up at all times until the wrap is fully tied.

1: Find the center of the top edge of your wrap. You can use the small sewn in Girasol tag which marks the center.

Lay the center of the wrap flat on your bed. Lay your baby on the center of your wrap. Baby's shoulders should come right up to the top edge.

Now cross your right arm over your baby and grip baby under the armpit and around the shoulder gently with your right hand palm up. Make sure you have the top edge of the wrap caught under your thumb.

Cross your left arm over baby and gently grip baby's left shoulder palm down. The top edge of the wrap should be held by your four fingers.

It is important to hold baby's shoulders and not let baby's weight hang from the arms.

2: Lift baby and support baby's weight on your right forearm.

3: Put baby over your right shoulder by turning your right shoulder and your back toward baby.

Your left arm will go over your own head as your back turns toward baby.

Make sure the wrap is hanging freely so it will not get trapped between your bodies, and lay baby gently on your back.

4: Bring the top edge of the wrap over your shoulder on both sides.

Don't let go of baby until you have both wrap ends coming over your shoulders, holding baby tightly against your back.

Always keep the top edge taut in your hands so when you stand up straight, baby is still held securely against you.

5: Gather the left wrap end on top of your shoulder (not down your arm) and bring it down to hold between your knees while you work on the right side.

6: While holding the right end in your right hand in front, reach your left arm behind your back, past both baby's legs, and use your hand to push baby's right knee up.

You will have excess wrap hanging down past baby's bottom. Push the excess up under baby's bottom with your left hand and gather it at the back of baby's knees.

Keep your left hand under baby's bottom and pull the whole wrap snug over your right shoulder with your right hand.

NOTE: With a bigger baby, your arm will make a shelf under baby to hold up both baby's knees.

7: With your left arm still under baby in back, tighten each section of your wrap over your right shoulder (top section, middle section, bottom section).

Gather each section in your right hand as you tighten it until the whole wrap is tightened **on top** of your shoulder.

OPTIONAL: If needed, you can even hold the top edge in your teeth to hold baby safely against you so that you can use your hand to scoop baby's knees up with the bottom section of the wrap and bring it over your shoulder.

8: Take the left side of the wrap out from between your knees with your left hand and hold it securely.

Now use your right hand to put the already tightened right side of the wrap between your knees to keep it tight, and move your right hand behind your back under baby.

9: While holding the top edge of the wrap over your left shoulder with your left hand, reach behind your back with your right arm to push up baby's left knee with your fingers.

10: Stand up straight (or sit up straight) to let baby's bottom sink down as you tighten the wrap over your left shoulder: top section, middle section, then bottom section.

Remember to keep the top edge constantly snug to hold your baby safely against you.

11: Immediately after tightening the wrap over your shoulder, bring the wrap end straight down under the same arm.

12: Place your right hand OVER baby's left leg to receive the wrap.

13: Use your left hand to pass the wrap to your right hand.

Place the bunched wrap right behind baby's knee, laying it over the first layer of wrap that is supporting baby's thigh.

NOTE: Here is a close-up showing that the first layer comes all the way to baby's knee, and you should now lay the bunched wrap ON TOP of that first layer.

14: Run that bunched wrap under baby's right leg and under your arm to the front.

15: Bring the wrap around your waist and hold it between your knees. Take a moment to re-tighten the wrap coming over your right shoulder.

16: Bring the wrap straight down under your right arm.

17: Bring the wrap over baby's right leg and under baby's left leg, making a cross between baby's legs.

18: Hold both wrap ends out to your sides, stand (or sit) very straight (you can even lean back slightly) and wiggle or bounce to let baby's bottom sink down while tugging the wrap ends out and up to tighten up the wrap.

19: Bring the 2 ends together to tie a double knot in front (see the knot illustration).

Tie the knot at the height of your baby's knees, so if you have a smaller baby your knot will be right under your breasts, rather than at your actual waist.

OPTIONAL: If your wrap is too long, instead of tying in front, you can cross the wrap in front and tie a double knot in the back (see the knot illustration). Do not tie over baby's legs.

NOTES ON RUCKSACK CARRY

Baby's face should always be clear and visible – not covered by fabric, and the wrap should be snug enough to prevent any sinking, leaning or slouching. Ensure that baby's chin is up and never sinks down to baby's chest.

Baby's spine should be well supported by the wrap, which means getting all the looseness and slack out of the top edge and entire middle of the wrap as you tighten over each shoulder.

Baby's thighs should be well supported by the first layer of the wrap that comes under baby's thighs and to the knees. Baby's knees should be held up by the bottom of the first wrap layer and again by the crosses.

The top edge should be snug as it comes over baby's shoulders and up to the bottom of baby's ears. That will prevent baby from leaning back and will support baby's head so baby will lay a cheek against your back or neck to sleep.

Having your baby's shoulders even with your shoulders is often the most comfortable height. This height also allows you to see baby's face over your shoulder, while giving your baby a view of the world.

When you first start back wrapping, you may need to wrap your baby lower on your back in order to reach their knees, and you can work on getting them higher each time you practice.

HIP CARRY FOR BABIES OR TODDLERS THAT ARE SITTING UNASSISTED

Make sure you are always supporting your baby's weight until the wrap is 100% securely holding baby.

1: Find the center of your wrap by finding the small Girasol tag sewn on the hem.

Choose the hip you want to have your baby sit on. For these instructions we'll use the left hip.

Put your baby on your left hip with the center of the wrap high on baby's back.

2: Holding baby in your left arm, reach down behind your back with your right arm and find the top edge of the wrap coming under your left arm.

Pull the top edge across your back and up to your right shoulder without twisting the wrap.

3: Gather the wrap over your right shoulder with your right hand.

Then spread the other side of the wrap over baby, up to baby's shoulders, with the excess bunched down behind baby's knees, holding baby's knees up.

4: Bring the wrap down over your right shoulder, OVER the wrap that is coming across baby, and hold between your knees.

5: Position baby's knees up, so they are straddling your hip in a squat position.

6: Take the loose wrap end straight across your torso, without twisting, to bring under your right arm.

7: Now hold baby with your right arm and use your left arm to bring the top edge of the wrap from under your right arm across your back.

8: Gather the wrap in your left hand and bring it under your left arm without twisting.

9: Pull the wrap coming under your left arm tight and hold it and your baby in your left arm.

Use your right hand to take the other end out from between your knees and pull upward to tighten that end, then bring straight down to hold tight between your knees.

10: Take the wrap coming under your left arm and use both hands to spread the wrap wide and make a second layer over your baby.

Bunch any extra behind baby's knees then gather it all together in your right hand.

11: Tie the two ends in a single knot close to your shoulder.

You will make this a double knot before you are done.

12: Tighten through the single knot by hopping slightly and pulling on both wrap ends simultaneously.

You want the wrap over your baby to be evenly snug.

If the top edge is loose, find the same edge in each wrap end and pull them at once - while you hop to bounce baby's weight off the wrap - to tighten the top over baby.

If the bottom is loose, find the bottom edge in each end coming through the knot and pull those.

Do the same with any other loose sections over baby.

Then adjust the wrap on your shoulder to be comfortable and spread over the edge of your shoulder.

13: Once the wrap is snug over baby and comfortably spread on your shoulder, hop up and pull on the two wrap ends to tighten the single knot. Make sure the knot is high up, just below your shoulder, then finish tying it into a double knot and pull tight.

OPTIONAL: If your wrap ends are too long after tying your tight double knot, you can take the long end under your right arm, around your back and under your left arm to tie a double knot under baby's bottom.

NOTE: Because the double knot at your shoulder is already holding your baby safely in the wrap, this 2nd knot at your waist is just to hold up loose ends and is not structurally important.

With wrap ends hanging.

Ends wrapped around and tied under baby's bottom.

NOTE: Do not cover baby's face! You should be able to see your baby's face at all times and it should be clear of fabric.

It is important that your baby's chin does not sink forward toward your baby's own chest.

Check that baby's chin is up and that you can fit at least two adult finger widths between baby's chin and chest.

Baby should be high on your chest, close enough to easily kiss the top of baby's head.

The knot should be higher than baby's shoulders to prevent baby leaning away from you.

You should always be able to see baby's face clearly, and the wrap should be snug enough to prevent baby from shifting, sinking or leaning.

GIRASOL is internationally known for baby slings. These are handmade exclusively for Girasol in a specially created network of dyers, weavers and tailors in Guatemala. The fabrics used are regularly tested in Germany by independent and certified institutes to ensure that they are free of harmful substances and saliva-proof.

GIRASOL products are 100% handmade under fair trade conditions.

This starts with the dyeing of the yarns, through the weaving of the cloths to the sewing of the carriers and their accessories.

We have more than 30 years of experience in the production of baby slings and are proud to be able to offer high-quality baby slings in great colours and designs - and in this way help to preserve the traditions of this craft as well as traditional designs.

The purchase, production and distribution is always guided by the principles of fair trade and sustainability. More than half of our profits go to Guatemala.

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