









infant insert ❤️2❤️™
instructions

The New Way to carry your newborn close to your heart


IMPORTANT! PLEASE READ CAREFULLY BEFORE USE

The **ERGObaby Infant Insert**  is designed with Back Support Padding and a Bottom Support Cushion intended to support the natural curvature of a baby's developing spine, and to ensure a healthy hip/leg position. While the spine is developing infants are not to be seated with weight bearing on their sacrum. Straightening of the spine happens in three different stages and takes about one year. The ERGObaby Infant Insert 's new design encourages proper spinal development and a healthy hip/leg position by eliminating weight bearing on the developing sacrum.

The **ERGObaby Infant Insert**  enables parents to carry their newborn close to their body. The ERGObaby Carrier in combination with the Infant Insert  enables you to buy only one carrier that will assist you through all the stages of your baby's growth. The Infant Insert  is a specially padded and shaped cushion that can be quickly and easily placed in the carrier and readjusted as needed. Your infant is then held in a cozy, protected environment close to your heart, as well as in an ergonomically correct and naturally supported position. This is best for the baby's physical development from newborn to between 4 - 5 months. Parents can remain attentive to their baby's needs and at the same time continue daily activities.

The Infant Insert  has an optional closure strap to secure smaller infants (between approximately 5-8lbs), or infants that prefer to be more tightly swaddled. **DO NOT**, under any circumstances, use the strap as a handle to carry your baby in the Infant Insert.

Please observe the following precautions:

- When learning to place your baby in the carrier, do so over a bed or other soft surface, ideally with the help of another person.
- The Infant Insert  should be used in the front carry position **ONLY**.
- For general information and detailed instructions for the front carry position, please refer to the instructions for your ERGObaby Carrier.

Do NOT leave your baby unattended in the Infant Insert .

Practice putting on your carrier before using the Infant Insert

- Fasten the waist belt by feeding the buckle through the elastic safety loop, making sure the two pieces are properly inserted into one another. Listen for the "clicking" sound when the two parts go together securely. It should be snug but comfortable. We suggest wearing the waist belt snugly just above the hip bones; you will eventually find the position that is most comfortable for your body type.
- Tug on the straps and buckles to make sure that they are secured and closed.
- **Never unbuckle the waist belt while your baby is in the carrier.**

Instructions for use:


1. Loosen the shoulder straps of the baby carrier, leaving a one-inch tab on the end of the nylon strap. You will use the tab to shorten the shoulder straps once your baby is positioned.
2. Allow the ERGObaby carrier to hang down in front of you. Make sure the waist belt sits comfortably and snugly on your hips. (Fig. 1)
3. Lay the Infant Insert  on a flat surface like a table or bed. Lay your baby in the center with its bottom situated above the Bottom Support Cushion. If using the optional closure strap, secure it at this time. The baby's legs will be naturally open with its knees in a comfortable bend. (Fig. 2)



(Fig.1)



(Fig.2)


4. Lift your child up close to your body making sure to support your baby's head and back. Position the Infant Insert  with your baby's knees at your belly; with the Bottom Cushion at approximately the height of your belly button. The Bottom Cushion should be resting on the inner edge of the waist belt. (Fig. 3)



(Fig.3)



(Fig.4)

5. With one hand, hold your baby in the Infant Insert  close to your body. With your free hand put on one of the shoulder straps and pull up the baby carrier. (Fig. 4)

6. Switch hands to hold your child and put on the other strap. (Fig. 5)



(Fig.5)

7. With both shoulder straps in place, bring both hands behind your neck to fasten the chest strap and adjust it according to your comfort. (Fig. 6)




(Fig.6)

8. With one hand supporting your baby's back, slightly tighten one shoulder strap by pulling the nylon strap **towards your baby**. (Fig. 7) Switch hands to tighten the other shoulder strap. Make sure the shoulder straps are not too tight so that you have enough room to adjust your baby's position; later, however, the shoulder straps should be tight enough so that you feel your baby is secure against your body.



(Fig.7)


9. It is important at this point to carefully check your baby's position. Slide your hands into both sides of the Infant Insert , under the baby's bottom area, and **give a slight lift and tilt in a forward rotation toward your body**. You can also pull the upper top edge of the carrier a little upward so your child is located further into the pouch of the carrier. **It is extremely important to avoid any slouching position.** (Fig. 8)



(Fig.8)

10. The legs and feet also need to be observed. With a newborn, the feet will be together. However, over time, the legs will gradually and naturally open into a spread position. As this happens you can reach in and gently place the legs into a spread position. Be sure to check that the legs and feet are not constricted in any way by the carrier.




Check often for correct positioning, the way you use the Infant Insert  changes as the baby develops.



11. You can also fold the top rounded edge of the Infant Insert  outward to provide more padded support to stabilize your baby's head. (Fig. 9)




(Fig.9)

12. When using the optional closure strap, it may become apparent that it is too restrictive or uncomfortable for your infant. Simply reach your hand inside the carrier, unsnap the closure strap and gently pull it down to the side with the other hand.

To nurse in the baby carrier with the Infant Insert : You can easily breastfeed your baby in the ERGObaby Carrier with the Infant Insert  by slightly loosening the shoulder straps and lowering your baby. The Infant Insert  should have the closure strap unsnapped and the padding pulled back for easier access. The baby carrier hood can be extended for privacy when nursing, or as a sun shield.

To remove your baby from the carrier: Support your baby with one arm wrapped firmly around him/her, and then reach behind your neck to unfasten the chest strap buckle. Slip the opposite arm out of the shoulder strap and slide your hand in between the Infant Insert  and the carrier. You can keep your baby wrapped in the insert for extra support. Gently remove your baby in the Infant Insert  from the carrier with both hands. When removing your sleeping baby from the carrier, lay the baby on a soft surface, unbuckle the waist straps and allow the carrier to release from your body. Your baby can remain sleeping in this position. If using the closure strap, you may unsnap it at this time.

How to know when your child is ready to be carried without the Infant Insert

: The Infant Insert  is designed for use during baby's first 4 - 5 months. Discontinue use of the Infant Insert  only when your child has excellent head and neck control. This usually occurs between 4 - 5 months.

Correct positioning for the safety and comfort of your newborn until baby achieves good neck and head control: *Baby should not be curled tight chin to chest because this position partially closes baby's airway. There should always be at least one finger's width of space under the baby's chin. An infant should be repositioned if it is having any sign of respiratory difficulty.*

Safety for you and your child requires not only a quality product, but also the careful attention of the wearer, both to these instructions and in daily use.

ERGObaby strives to create products that will support the development of your child in the best way possible. Our design is inspired by research ERGObaby conducted with moms and their infants for more than a year. This research contributed to the creation of an infant insert that keeps the hip joint in place for proper hardening of the cartilage of the hip socket. To ensure the optimum position, a baby should have the knees up, squatting, at about 110 degrees and spread 90 degrees. <http://www.ergobabycarrier.com/press/scientific-studies/>

The ERGObaby Infant Insert  is designed with the utmost care and concern for the safety and comfort of your child. ERGObaby products are manufactured to be free of defects. If you discover a problem within the first month of use please return the insert to us and we will either repair or replace it. Proof of purchase is required.

Please keep these instructions for future use