

More and more people are discovering that 'carrying babies' is highly beneficial. Scientific research demonstrates that frequent skin contact is one of the most important stimuli for a baby to ensure healthy physical, intellectual and social development.

See www.babylonia.be for more information on this topic.

TRICOT·SLEN®

Welcome to the growing group of people who enthusiastically carry their baby in the Tricot-slen® cotton sling

The Tricot-slen® is a wrap-around baby sling made of 100% knitted cotton. It is easy to put on and allows you to carry your baby in many different ways. In this user's manual we will show you 7 possibilities, but that does not mean that there are not many more options. Once you have gained some experience, you will probably discover your own favourite.



1. **natural foetal position**
from baby's first days



2. **straight-up, with legs tucked in**
from baby's first days



3. **sitting upright, facing you**
from approximately 2 to 3 months



4. **sitting upright, facing out**
from approximately 4 months



5. **on your hip**
from approximately 5 months



6. **on your back**
from approximately 3 months

Whether you carry your child a lot or only occasionally, you have made an excellent choice by choosing the Tricot-slen®. Why is the Tricot-slen® probably better than conventional baby carriers?

1. With the Tricot-slen®, you can carry your baby in many different ways. With the Tricot-slen®, you always offer your child aged 0 - 2 years old the most ergonomic posture.

2. In the upright posture, you can spread out the Tricot-slen® right into the back of your baby's knees. By doing this, you offer your baby a so-called 'broad base', making sure that her back will not be burdened at all, lying completely relaxed against you. When a baby only has a narrow point of support, she hangs straight down, basically having to carry her own weight.

3. In the Tricot-slen®, your baby's weight is divided optimally over your upper body;

you can carry your baby for hours effortlessly. There is no time limit to how long you can carry your baby in the Tricot-slen® in any given day. This is entirely up to you. The weight of your baby will be evenly distributed so that your posture is not compensating in any way.

4. The Tricot-slen® does not have any buttons, buckles or other fastening devices that might hurt.

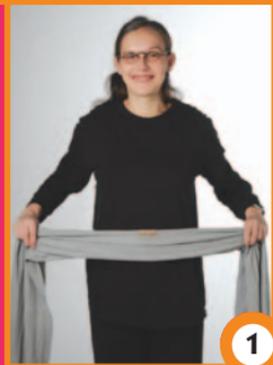
5. The Tricot-slen® allows you to breast-feed discretely.

6. The Tricot-slen® takes up so little space that you can always take it along. When not being used to carry, the Tricot-slen® can be used as a blanket for your baby. Being cotton, it will pick up your scent providing a natural comfort for your baby.

7. The Tricot-slen® is suitable for all climates - 100% cotton.

For almost all carrying methods described in this manual, you begin in the same way:

GENERAL



1

Take the middle of the Tricot-slen® (the Tricot-slen® label identifies the middle) and hold it in front of your belly. Tall people should begin slightly higher up with the middle band than shown here.



2

Fold the two ends backwards and



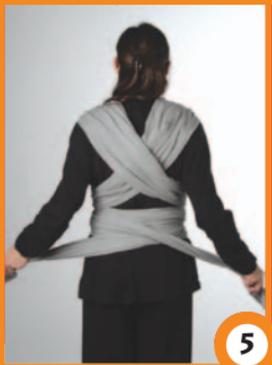
3

cross them over your shoulder, back to the front.



4

Tuck the two ends under the bellyband and cross them.



5

Bring the ends to the back and wrap them back to the front.



6

Depending on how tall you are you then tie a double knot, either at the back or at the front.

When you use the Tricot-slen® for the first time, you might be a bit nervous, feeling rather awkward. Pick the right moment to use the Tricot-slen® those first times: when your baby is calm, for instance after a feed or try it with a doll or teddy bear first. Once you have practised a few times, you will notice that the Tricot-slen® actually is the perfect means to comfort restless babies.

Put on the Tricot-slen® tightly, rather than too loosely!

The ages for transition to the different carrying positions are provided as guidelines.

Some babies are quite happy to be in the foetal carrying position for sleeping and when awake want to see what is happening in the big wide world.

Try to put the Tricot-slen® on as nicely as possible and avoid any twisting of the bands when putting it on. Otherwise, you cannot make the most use of the unique carrying comfort the Tricot-slen® has to offer..

- Beware not to loose your balance when your baby moves.
- Always support your baby when bending forward or squat down to reach the floor.
- Do not use the Tricot-slen® during sports.
- Make sure that your baby is not over-dressed. After all, the Tricot-slen® will provide a layer of warmth in addition to the bodyheat you both produce. When out & about, you can just put your coat over yourself and the baby.



WRONG



RIGHT



WRONG

Spread the fabric broadly over your shoulders. Ensure that the bands are not gathered up against your neck.



RIGHT

For an ideal division of weight, the cross on your back has to be as low as possible. Always pull the cross down on your back and repeat this from time to time when you carry your baby.



Make sure that the two bands of the Tricot-slen® are nicely spread out right into the back of your baby's knees. Check this from time to time. See p.3.



When you think that the short or long ends look a bit strange, you can always tuck them under the bellyband..

From birth FOETAL POSITION

Note: instinctively, you will probably place your baby's head next to your heart, but you can obviously also choose the right side. The cross band in which your baby lies has to be the closest to your body. If you do choose the other side, cross the ends the other way around while putting on the Tricot-slen® (see step 4 of the general description).

TAKING
OUT



Put on the Tricot-slen® following the general description (pages 4 - 5).



1 Lower the outer cross band from your shoulder.



2 Pull the inner cross band loose, at the height of your hip.



3 Fold the inner cross band slightly double, forming a 'pocket' where your baby will be placed in.



4 Take your baby in your arm as shown in the picture and keep your arm high against your body, hold your arm sufficiently to the right, making sure that your baby lies against your heart with its head.



5 Feel for the outer rim of the nest with your free hand and pull the fabric over your baby.



6 First the back, and then the legs.



7 Support your baby's head with your free hand and pull the fabric over her head.



8 Pull your arm through the band you have lowered and spread the fabric over your shoulder and over baby's back and legs.



9 Take your baby's arm that is against your body and while gently tilting your baby towards you, place her arm slightly lower, next to baby's body.



10 Now take the bellyband and pull it upwards over your baby.



11 To take your baby out of the Tricot-slen®, you need not follow all these steps in reverse, but simply open the bands and lift your baby out of the Tricot-slen®.



To take your baby out of the Tricot-slen®, you need not follow all these steps in reverse, but simply open the bands and lift your baby out of the Tricot-slen®.

From birth

2. UPRIGHT WITH LEGS TUCKED IN

Note: if it feels a bit awkward at first to wrap the Tricot-slen® around your baby while holding her, why not 'practise' this while sitting down? You will see that things will go smoothly in no time and that you will no longer need a chair.

TAKING OUT



Newborn babies are still too small to be carried upright with their legs dangling. However, they do get enough support when you carry them in their natural posture, with legs tucked in. Some babies prefer this to the foetal position. And that is especially the case for babies troubled by colic.



1 Take the middle of the Tricot-slen® and hold it in front of your belly.



2 Fold the two ends backwards and



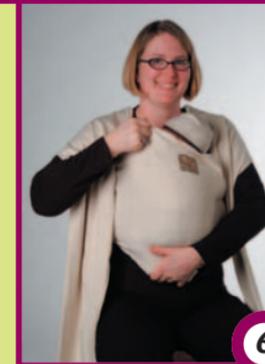
3 cross them over your shoulder, back to the front.



4 Form a little pocket in the bellyband.



5 Slide your baby into the pocket.



6 Pull up the bellyband, supporting the neck of your baby.



7 Cross one of the ends lengthwise.



8 Cross the other end towards the other side.



9 Bring the two ends to the back, and then back to the front.



10 Depending on how tall you are, tie a double knot, either at the back or at the front.



To take your baby out of the Tricot-slen®, you need not follow all these steps in reverse, but simply pen the bands and lift your baby out of the Tricot-slen®.

From approximately 2 to 3 months

3. SITTING UPRIGHT

BABY FACING YOU

Note: check from time to time to make sure that the two bands still cover the back of the knees (see page 3).



TAKING OUT

When your baby falls asleep, you can support her head as shown in the picture. If the baby should turn her face to the other side, you simply support her head with the other cross band. As you can see in this picture, younger babies will probably cuddle up with their arms in the Tricot-slen®, especially when they fall asleep.



1

Put on the Tricot-slen® following the general description (pages 4 - 5).



2

Put your baby high against your right shoulder and pull the left cross band over baby's right leg. Obviously, you can also begin with your left shoulder.



3

Hold your baby fairly high up, bring her to your left shoulder and pull the right cross band over baby's left leg.



4

Spread the two cross band down in the back of baby's knees - first the cross band closest to her buttocks.



5

Then spread the other (top) cross band over that, covering from back to knee to back to knee.



6

Feel for the bellyband and take hold of the entire bellyband.



7

At hip-height, pull the bellyband over baby's legs. Lift your baby a bit whilst doing this.



8

Then pull the bellyband at your other hip over the other leg.



9

Make sure that the two legs are tucked under the bellyband.



10

Now pull up the bellyband.



To take your child out of the Tricot-slen®, you need not follow all these steps in reverse, but simply open the bands and lift your baby out of the Tricot-slen®.

From approximately 4 months

4. SITTING UPRIGHT BABY FACING OUT

Note: obviously, you can also begin with your right shoulder.



1

Put on the Tricot-slen® following the general description (pages 4 - 5).



2

2. Let your baby slide into both the cross band and the bellyband.



3

3. Hold your baby fairly high against your left shoulder and tuck her leg through the right cross band and the bellyband.



4

4. Now bring your baby to your right shoulder and pull the left cross band and the bellyband over the left leg.



5

First spread out the cross band closest to your baby - in this case the left band.

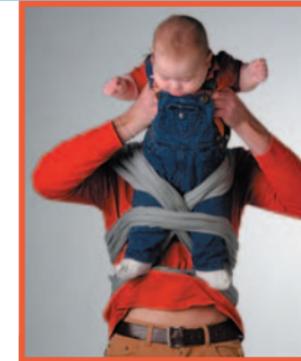


6

Then also spread out the other cross band and pull up the bellyband.

Note: you quite often see people carrying their baby in this way at a younger age. Technically speaking, this is possible, but ergonomically, this posture is not that ideal (after all, your baby 'is hanging', see before). The back of an 'older' baby who can almost sit alone is strong enough to carry their weight. Another reason for recommending the very ergonomic spread posture for younger babies (baby facing you) is that babies easily fall asleep in this position. When they are tired or when things become a bit too much, they simply tune out. When you carry your baby facing the world, she is obliged to absorb everything she sees and falling asleep is not as easy.

TAKING
OUT



To take your baby out of the Tricot-slen®, you need not follow all these steps in reverse, but simply open the bands and lift your baby out of the Tricot-slen®.

From approximately 5 months
5. ON YOUR HIP



1

Put on the Tricot-slen® following the general description (pages 4 - 5).



2

Hold your baby high against your right shoulder and pull the left cross band over her right leg.



3

Keep your baby fairly high and bring her to your left shoulder; now pull the right cross band over her left leg.



4

First spread out the cross band closest to her buttocks.



5

Shift your baby to your left or right hip by moving its buttocks with one hand and the band with your other hand, towards your hip.



6

Now spread out the other cross band, right down into the back of baby's knees.



7

Feel for the bellyband and pull it over the two legs.



8

Pull up the bellyband.



In the previous picture, Emile is tucked in cosily with his arms in the Tricot-slen®, but it is no problem when your baby takes her arms out of the Tricot-slen®.

Note: you can use this posture sooner if you like, but you will need to give your baby some extra support with your arm. When your baby can almost sit by herself, she will no longer need this support and this 'balancing' will stimulate her motor development.

Note in picture 6, Emile has tucked his arms **IN** the Tricot-slen®. It is equally safe if he has his arms out of the Tricot-slen®.

Do take account of the fact that you need more room whilst carrying your baby on your back. So, be careful with doorways, small spaces, etc.

From approximately 3 months

6. ON YOUR BACK - WITH HELP

From approximately 3 months

7. ON YOUR BACK - WITHOUT HELP



1

Hold the middle of the Tricot-slen® **not in front of you**, but **behind** you. Continue with the general description, as before.



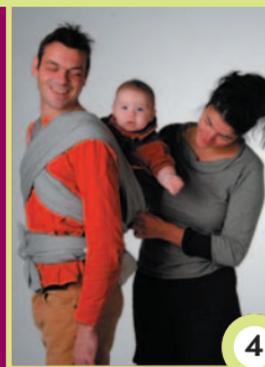
2

Take one of the two cross bands and take hold of the middle band.



3

Take your baby and let one leg slide through a cross band and the middle band.



4

Then take the other leg and let it slide through the other cross band and the middle band.



5

Spread out the two cross bands - begin with the band closest to your baby.



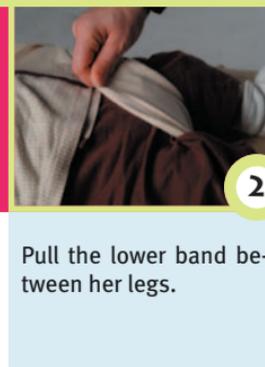
6

Now pull up the middle band.
To take your baby **out** of the Tricot-slen®, simply open the band and lift her out of the Tricot-slen®.



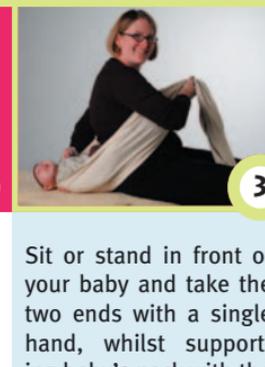
1

Lay the Tricot-slen® on a suitable surface (for example a bed or changing unit) and put your baby on the middle of the Tricot-slen® with her shoulders placed at the height of the top edge.



2

Pull the lower band between her legs.



3

Sit or stand in front of your baby and take the two ends with a single hand, whilst supporting baby's neck with the other hand.



4

Slide your baby high on to your back. Use one hand to support her buttocks and firmly pull on the two ends on the front with your other hand. Keep bending forwards.



5

Tie a single knot at the height of your chest (women: under your chest).



6

Fold one end over your shoulder to the back and

Continued on page 18-19



7

cross this over the back of your baby. Spread out the Tricot-slen® over her back and bring the end under her leg towards the front.



8

At the front, you lock this end between your knees. Fold the other end over your other shoulder to the back.



9

Now, also spread this end out over the back of your baby. Make sure that the fabric is well spread over her back and bring the end under her leg towards the front.



10

Take hold of the two ends and tug them firmly. You can now stand up straight.



11

Wrap the two ends around your waist to the back and



12

tie a double knot.

TAKING OUT



To take your baby out, loosen the bands up to the knot around your waist. Continue to support your baby with one hand.



Slightly loosen the knot



to create enough room to bring your baby under your arm towards your hip.



Now lift your baby out of the band.

TAKING OUT

Alternative:



You can also take off the Tricot-slen® the same way as you have put it on, i.e. by slightly bending backwards and,



whilst supporting your baby with one hand, gently veering the Tricot-slen® with your other hand.



Important! Keep this user's manual for future reference.

Manufacturer:

Babylonia b.v.b.a.
Karel De Preterlei 26
2140 Antwerp
Belgium
www.babylonia.be
info@babylonia.be

For international distributor contacts, check www.babylonia.be

If you would like to receive a user's manual in another language, send an e-mail to info@babylonia.be.

Remarks and suggestions can also be forwarded to this address.

The Tricot-slen® is a registered Trade Mark.

Conform to prEN 13209-2, Oct. 2003.

Washing instructions:

30°C, do not tumble dry.

After washing, pull into shape while still wet.



User's manual

TRICOT · SLEN®

NATURAL COMFORT FOR YOUR BABY

For baby's from 2,5 up to 20 kg

