

INSTRUCTION

BKAY



From
the 1st day
until
18 kgs



Maximum Closeness, optimum comfort,
irristable cuteness.

Our fashionable slings and accessories are made
from 100% baby friendly, Okotex-100 certified cotton.



2 Visit our website www.bykay.com for our whole assortment.

 Basic technique (Bisanleitung / Instruction de base / Basisinstructie)		4
 Tying technique - foetal position (Bindeanleitung fötushaltung / Technique de nouage position foetus / Knooptechniek foetushouding)	from day 1	6
 BBLO (belly-to-belly, legs outside) (BBB (bauch gegen Bauch Beine außen) / VCV (position Ventre contre Ventre) / BBBB (buik tegen buik benen buiten))	from 3 months	8
 Hip position (Hüfte / Position sur hanche / Heup)	from 3 months	10
 On the back (with assistance) (Auf dem Rücken (mit hilve) / Position dorsale (avec aide) / Rug (met hulp))	from 3 months	11
 AQUAcarrier		12
 Background information* (Hintergrund / Bases / Achtergrond informatie)		13
 Do's and dont's*		16
 Safety instructions* (Sicherheit / Sécurité / Veiligheidsvoorschriften)		18

* See www.bykay.com (downloads) for the    version.



1 Hold the baby carrier in front of you as shown in the picture, with the label in the middle as a point of reference.



2 Tuck up the fabric and bring both end pieces to the back.



3 Cross the fabric behind your back and bring the two end pieces over your shoulders to the front again.



4 Tuck the two end pieces of the fabric underneath the front piece and cross them again.



5

EN

DE

FR

NL

Halten Sie das Tragetuch so vor sich, dass das Logo mittig platziert ist.

Legen Sie das Tuch auf Ihren Bauch und führen Sie die Enden nach hinten.

Kreuzen Sie die Tuchbahnen auf Ihrem Rücken und führen sie dann über Ihre Schultern wieder nach vorne.

Führen Sie beide Enden des Tragetuchs unter der Bauchbahn durch und kreuzen diese wieder.

Prenez l'écharpe devant vous, le logo doit être placé au milieu.

Posez l'écharpe sur votre ventre et passez les deux côtés en arrière.

Croisez les pans dans votre dos et passez-les sur les épaules.

Passez les deux pans dans le pan ventral et croisez de nouveau.

Houdt de draagdoek op deze manier voor je, het label als referentiepunt in het midden.

'Stroop' de draagdoek op en sla beide uiteinden naar achteren.

Kruis de stof op je rug en sla beide zijden over je schouders naar voren.

Haal beide uiteinden van de draagdoek onder de buikband door en kruis deze weer.

INSTRUCTIONS DE BASE / BASISINSTRUCTIE

6



Tie the fabric of the baby carrier with a double knot on your back or bring both ends to the front again to tie them on the belly.

Verknoten Sie das Tragetuch mit einem doppelten Knoten auf dem Rücken oder führen Sie die Tüchenden nochmals nach vorne, um sie auf Bauchhöhe zu verknoten.

Ensuite vous pouvez faire un double nœud dans votre dos ou repasser les deux pans devant pour ainsi faire votre double nœud.

Knoop de draagdoek met een dubbele knoop op de rug óf haal de uiteinden naar voren om deze op de buik te knopen.

7



Carry your love!



INCORRECT: The picture shows a baby carrier with twisted shoulder pieces. If the shoulder pieces are not spread out wide, your baby's weight will not be distributed optimally. Moreover, his shoulder and back muscles will be strained unnecessarily.

FALSCH: Hier sehen Sie ein Tragetuch, das auf Schulterhöhe verdreht ist. Wenn Sie den Stoff nicht vollständig ausbreiten, wird das Gewicht des Babys nicht optimal verteilt und Schulter- sowie Rückenmuskeln werden unnötig belastet.

FAUX: Voici une écharpe de portage vrillée au niveau des épaules. Si vous ne dépliez pas le tissu entièrement, la répartition du poids de votre enfant ne sera pas optimale et vos épaules ainsi que la musculature de votre dos devront travailler plus.

FOUT: Hier zie je een draagdoek met een draai in de schouderbanden. Door de schouderbanden niet volledig uit te spreiden is het gewicht van je kindje niet optimaal verdeeld en worden schouder- en rugspieren onnodig belast.



CORRECT: make sure you tie the fabric of the baby carrier neatly and without twists for optimum security and wearing comfort. The shoulder pieces must be spread out wide over your shoulders, ensuring an optimum weight distribution.

RICHTIG: Achten Sie darauf, dass Sie das Tragetuch sorgfältig und ohne Verdrehungen umbinden – für einen perfekten Tragekomfort. Die Schulterbänder sind ausbreitet über den Schulter, für eine optimale Verteilung des Gewichtes.

CORRECT: Veillez à installer votre écharpe de portage soigneusement et sans être vrillée pour un confort maximal. Ecartez bien les pans de tissu sur les épaules afin de répartir au mieux le poids du bébé.

GOED: zorg dat je de draagdoek netjes en zonder draaiingen knoopt, voor een perfect draagcomfort. De schouderbanden zijn verspreid over je schouders, voor een optimale gewichtsverdeling.

Suitable
from day
1



EN

Fold the lower shoulder band in two in order to create a hammock. This hammock can hold the baby with his knees pulled up, in the so-called foetal position. **See photo.**

Place your baby in the foetal position against your chest, while your hand supports his bum and pulled up feet. Lower your baby in this position into the shoulder piece. Adjust if necessary, in order to place your baby exactly in the centre and to wear the baby carrier symmetrically.

While continuing to support your baby, pull up the shoulder piece as high as possible across the baby's back and shoulder, up to his neck. Repeat this with the other shoulder piece.

DE

Falten Sie die unterste Schulterbahn doppelt, so dass eine „Hängematte“ entsteht. Legen Sie das Baby mit angezogenen Beinchen in der sogenannten Froschhaltung hinein. **Siehe Foto.**

Legen Sie das Baby in der Fötusstellung gegen Ihre Brust. Dann lassen Sie es behutsam mit Hilfe Ihrer Hand unter den angezogenen Füßchen und dem Po in die aufgeschlagene Schulterbahn gleiten. Korrigieren Sie diese Stellung falls nötig nach, so dass das Baby genau in der Mitte sitzt und Sie es symmetrisch tragen.

Ziehen Sie die Schulterbahn so hoch wie möglich über Rücken und Schulter des Babys, bis zum Nacken. Stützen Sie dabei Kopf und Rücken Ihres Babys. Wiederholen Sie diesen Vorgang mit der anderen Tuchbahn.

FR

Pliez le pan inférieur en deux pour faire un „hamac“. Posez-y le bébé dans sa position foetale, avec les jambes remontées (aussi appelé position grenouille).

Allongez le bébé contre votre poitrine dans cette poche et faites le glisser en posant votre main sous ses fesses. Corrigez cette position si nécessaire, jusqu'à ce que le bébé soit positionné au milieu pour un portage bien symétrique.

Remontez le pan de tissu le plus haut possible en couvrant le dos et les épaules du bébé jusqu'à la nuque. Faites la même chose avec l'autre pan.

NL

Slat de onderste schouderband dubbel, zodat er een 'hangmatje' ontstaat. Hierin komt je baby met opgetrokken knietjes in de zogenaamde kikkerhouding te zitten. **Zie foto-inzetje.**

Leg je baby in foetushouding tegen je borst, met je hand onder de opgetrokken voetjes en billetjes. Zo laat je hem in de open geslagen schouderband zakken. Corrigeer zonodig, zodat de baby precies in het midden zit en je mooi symmetrisch draagt.

Trek de schouderband zo hoog mogelijk over de rug en schouder van je baby, tot in de nek. Blijf hem ondertussen ondersteunen. Herhaal dit met de andere schouderband.

TECHNIQUE DE NOUAGE POSITION FOETUS / KNOOPTECHNIEK FOETUSHOUDING

13



The last step is adjusting the front piece. Pull up the shoulder pieces and front piece as high as possible, to support the baby's neck muscles.

Als laatste volgt de Bauchbahn. Durch hochziehen der Schulterbahnen und der Bauchbahn unterstützen Sie wenn nötig die Nackenmuskeln.

Pour finir, remontez les pans des côtés et du milieu, si nécessaire jusqu'à la nuque du bébé.

Als laatste volgt de buikband. Door de twee schouderbanden en de buikband zo hoog mogelijk op te trekken, ondersteunen ze zonodig de nekspieren.

14



Stretch the fabric wide over your shoulders to ensure an optimum weight distribution and perfect wearing comfort.

Breiten Sie den Stoff weit über den Schultern aus, damit erreichen Sie eine gute Verteilung des Gewichtes und einen optimalen Tragekomfort.

Ecartez bien le tissu sur vos épaules pour répartir au mieux le poids du bébé et pour porter avec un confort maximal.

Trek de stof goed uit over je schouders, voor een goede gewichtsverdeling en optimaal draagcomfort.

15



Lifting your baby out of the carrier is very easy! Fold the fabric back a little bit in order to free baby's arms. Place your hands under the baby's armpits and lift him out of the baby carrier.

So nehmen Sie Ihr Baby ganz einfach wieder aus dem Tuch: gleiten Sie das Tragetuch ein bisschen nach unten, bis die Ärmchen frei sind. Schieben Sie ihm die Hände unter die Achseln und heben es dann vorsichtig aus dem Tragetuch.

Pour sortir bébé de l'écharpe: descendez simplement le tissu pour libérer les bras du bébé. Ensuite glissez vos mains sous ses aisselles et sortez-le.

Je baby eruit halen is héél gemakkelijk! Je 'peit' de draagdoek een stukje af, zodat de armpjes vrijkomen. Schuif je handen onder de okseltjes en til hem voorzichtig omhoog, uit de draagdoek.



If your baby is asleep and totally relaxed, you can support his head by resting it in one of the shoulders pieces.

Wenn das Baby schläft und richtig entspannt ist, unterstützen Sie das Köpfchen mit der über der Schulter liegenden Stoffbahn.

Quand le bébé dort et quand il est complètement détendu, remettez le tissu du pan passant par l'épaule sur sa tête pour bien la maintenir.

Wanneer je baby slaapt en totaal ontspannen is ondersteun je het hoofdje altijd door deze in één van de schouderbanden te leggen.

BBLO (belly-to-belly, legs outside) / BBB (Bauch gegen Bauch Beine außen)

Suitable
from
3 months



EN Your baby will sit in the baby carrier's crossing. Place your baby or toddler high against your shoulder and lower him from the centre, with one leg in the first shoulder piece.



Stretch the fabric from knee hollow to knee hollow, in order to create a comfortable seat. The material will cover the baby's back and shoulder, including the greater part of his neck.



Pull the baby's other leg carefully underneath the other shoulder piece. Now, the baby is sitting in the crossing.



Like the first shoulder piece, stretch the second shoulder piece wide, from knee hollow to knee hollow. The fabric must cover the baby's back and shoulder, including the greater part of his neck.

DE

Das Baby wird in das mittige Kreuz des Tragetuchs gesetzt. Legen Sie das Baby oder Kleinkind hoch über Ihre Schulter und lassen es von oben herab in der Mitte mit einem Beinchen in die innen liegende Schulterbahn gleiten.

Breiten Sie den Stoff aus, von Kniekehle zu Kniekehle, so dass ein komfortabler „Sitz“ entsteht. Der Stoff wird dann hoch über Babys Rücken und Schulter bis zum Nacken geführt.

Das zweite Beinchen wird unter die andere Schulterbahn geführt, das Baby sitzt jetzt im Kreuz der beiden Tuchbahnen Ihre Tragetuchs.

Auch diese Bahn wird von Kniekehle zu Kniekehle ausgebreitet. Der Stoff wird dann hoch über Babys Rücken und Schulter bis zum Nacken geführt.

FR

Posez le bébé dans la croix du milieu. Allongez le bébé ou le bambin sur une épaule et faites glisser sa jambe dans le pan inférieur.

Ecartez bien le tissu, d'un genoux à l'autre, pour avoir une assise confortable. Ecartez le tissu sur le dos et les épaules du bébé, jusqu'à la nuque.

Passez la deuxième jambe dans l'autre pan, le bébé sera ainsi assis dans la croix que forment les deux pans.

Ce pan sera également écarté et ensuite remonté sur le dos et les épaules jusqu'à la nuque.

NL

Je baby komt in de kruising van de draagdoek te zitten. Leg je baby of peuter hoog op je schouder en laat hem van bovenaf, vanuit het midden, met één beentje in de eerste schouderband zakken.

Trek de stof breed uit, van knieholte tot knieholte, zodat er een comfortabel 'zitje' gecreëerd wordt. De stof komt over de babyrug- en schouder, tot hoog in de nek.

Het tweede beentje gaat onder de andere schouderband door, de baby zit nu in de kruising.

Ook deze band wordt breed uit getrokken, van knieholte tot knieholte. De stof komt over de babyrug- en schouder, tot hoog in de nek.

VGV (position Ventre contre Ventre) / BBBB (buik tegen buik benen buiten)

13



Carefully pull the baby's legs underneath the front piece, one by one. After that, pull up the front piece, up to the baby's neck.

Die Beinchen ziehen Sie nacheinander unter der Bauchbahn durch, anschliessend wird diese bis zu Babys Nacken hochgezogen.

Passez les jambes par le pan du milieu et montez celui-ci jusqu'à la nuque du bébé.

De beentjes haal je één voor één onder de buikband door, waarna je de buikband hoog optrekt, tot in de nek.

14



15



Stretch the fabric wide over your shoulders, to ensure an optimum weight distribution and wearing comfort.

Breiten Sie den Stoff weit über den Schultern aus, damit erreichen Sie eine gute Verteilung des Gewichtes und einen optimalen Tragekomfort.

Ecartez bien le tissu sur vos épaules pour répartir au mieux le poids du bébé et pour porter avec un confort maximal.

Trek de stof goed uit over je schouders, voor een goede gewichtsverdeling en optimaal draagcomfort.

16



Lifting your baby out of the baby carrier is very easy! Just fold the fabric back a little bit, in order to free the baby's arms. Place your hands under the baby's armpits and lift him out of the baby carrier.

So nehmen Sie Ihr Baby ganz einfach wieder aus dem Tuch: gleiten Sie das Tragetuch ein bisschen nach unten, bis die Ärmchen frei sind. Schieben Sie ihm die Hände unter die Achseln und heben es dann vorsichtig aus dem Tragetuch.

Pour sortir bébé de l'écharpe: descendez simplement le tissu pour libérer les bras du bébé. Ensuite glissez vos mains sous ses aisselles et sortez-le.

Je baby eruit halen is héél gemakkelijk! Je 'pelt' de draagdoek een stukje af, zodat de armpjes vrijkomen. Schuif je handen onder de okseltjes en til je kindje voorzichtig omhoog, uit de draagdoek.



Suitable
from
3 months

13



14



15



EN

Proceed with step 12 of the BBLO (belly-to-belly, legs outside) position.

Lift your baby with both hands and move him together with the baby carrier fabric towards the hip on which you want to carry.

While your baby is sitting on your hip, carefully fold his legs underneath his bum one by one, after which you can pull up the centre piece over his legs and back as high as possible, to sufficiently support his neck.

Keep the baby's arms inside the baby carrier. As soon as his back muscles are sufficiently developed, from about the age of 6 months and older, you can carry your baby with his arms outside the baby carrier. The back and neck can always be fully supported by the baby carrier's fabric.

DE

Bei BBB Haltung ab Schritt 12 fortfahren.

Heben Sie das Baby mit beiden Händen hoch und schieben es mitsamt dem Tragetuch Richtung Hüfte, bis es auf dieser sitzt.

Während das Baby auf Ihrer Hüfte sitzt, positionieren Sie die Beinchen eins nach dem anderen unter dem Po, so dass Sie das Bauchband über die Beinchen ziehen können und dieses anschließend zur Unterstützung über den Rücken bis zum Nacken hoch ziehen können.

Tragen Sie das Baby (je nachdem ob die Rückenmuskulatur schon ausreichend entwickelt ist oder nicht, meistens im Alter von 6 Monate) wahlweise mit den Ärmchen außerhalb oder innerhalb des Tragetuches.

FR

Comme la position foetale, continuez à partir de l'étape 12

Tenez le bébé avec vos deux mains et glissez-le avec l'écharpe de portage sur votre hanche afin que bébé arrive dans une position assise.

Pendant que bébé est assis sur votre hanche, pliez ses jambes délicatement sous ses fesses pour pouvoir remonter le tissu du milieu par-dessus les jambes. Ensuite remontez le tissu dans le dos jusqu'à la nuque pour bien la soutenir.

Portez le bébé (en fonction de la maturité de sa musculature du dos, en général vers 6 mois) soit avec les bras à l'extérieur ou à l'intérieur de l'écharpe.

NL

Ga verder vanaf de BBBB houding, stap 12.

Til je baby met beide handen op en verplaats hem met draagdoek en al richting de heup waarop je wilt dragen.

Terwijl je baby op je heup zit, vouw je zijn beenjes één voor één onder de billen, zodat je de buikband over de beenjes heen kunt halen en deze ter ondersteuning over de rug, tot in de nek omhoog kunt trekken.

Draag hem (naar gelang de rugspiertjes voldoende ontwikkeld zijn, meestal rond 6 maanden) naar keuze met de armpjes buiten óf binnen de draagdoek. De rug en nek kunnen door de stof van de draagdoek altijd volledig ondersteund worden.

ON THE BACK (with assistance) / AUF DEM RÜCKEN (mit hilfe) / POSITION DORSALE (avec aide) / RUG (met hulp)

8



Use the basic technique, but start the tying procedure on your back.

Another person holds the baby and lowers him into the crossing. Similar to the BBLO position, there should be a baby leg on either side of the crossing. Your baby's belly touches your back.

Starten Sie mit der Basisanleitung, aber beginnen Sie im Rücken.

Eine zweite Person hält das Baby fest und lässt es in das Kreuz gleiten. Genau wie in der BBB Haltung positionieren Sie auf jeder Seite des Kreuzes ein Beinchen des Babys, seinen Bauch gegen Ihren Rücken.

Position dorsale (avec aide)
Suivez les instructions de base, mais commencez dans le dos.

Une deuxième personne tient le bébé et le fait glisser dans la croix. Comme pour la position foetale, les jambes seront positionnées des deux côtés de la croix, son ventre contre votre dos.

Start vanaf de basis, maar dan vanaf de rug gezien geknoopt.

Een tweede persoon houdt je baby vast en laat hem in de kruising zakken. Net als bij de BBBB houding komt er aan iedere kant van de kruising één beentje van je baby. De buik van je baby zit tegen je rug.

9



Stretch the fabric of the lower shoulder piece widely, from knee hollow to knee hollow, in order to create a comfortable seat. The material will cover the baby's back and shoulder, including the greater part of his neck.

Ziehen Sie den Stoff der untersten Schulterbahn von Kniekehle zu Kniekehle, so dass ein komfortabler „Sitz“ entsteht. Der Stoff wird anschliessend über Babyrücken- und Schulter gezogen, bis zum Nacken.

Ecartez le tissu du pan intérieur d'un genou à l'autre afin de créer une assise confortable. Ensuite déployez le tissu sur le dos et l'épaule du bébé jusqu'à la nuque.

Trek de stof van de onderste schouderband breed uit, van knieholte tot knieholte, zodat er een comfortabel 'zitje' gecreëerd wordt. De stof komt over de babyrug- en schouder, tot hoog in zijn nek.

10



Like the first shoulder piece, stretch the second shoulder piece widely, from knee hollow to knee hollow. The fabric must cover the baby's back and shoulders, including the greater part of his neck.

Auch die andere Schulterbahn ziehen Sie von Kniekehle zu Kniekehle. Der Stoff wird anschliessend über Babyrücken- und Schulter gezogen, bis zum Nacken.

Le deuxième pan sera écarté de la même manière, allant d'un genou à l'autre. Déployez ensuite le tissu sur le dos et l'épaule du bébé jusqu'à la nuque.

Ook de andere schouderband wordt breed uit getrokken, van knieholte tot knieholte. De stof komt over de babyrug- en schouder, tot hoog in zijn nek.

11



Carefully pull the baby's legs underneath the centre piece, one by one. After that, pull up the centre piece high to cover the greater part of the baby's neck.

Die Beinchen holen Sie eins nach dem anderen unter der horizontalen Bahn durch, worauf Sie die (Bauch)bahn hochziehen, bis zum Nacken.

Passez les jambes sous le pan du milieu et montez le tissu jusqu'à la nuque.

De beentjes van je baby haal je één voor één onder de horizontale band door, waarna je deze band optrekt, tot hoog in zijn nek.

12



Stretch the fabric widely over your shoulders for an optimum weight distribution and wearing comfort.

Breiten Sie den Stoff gut über Ihren Schultern aus, Sie erreichen somit eine gute Gewichtsverteilung und optimalen Tragekomfort.

Déployez le tissu bien sur vos épaules afin d'obtenir une répartition idéale du poids pour un confort optimal lors du portage.

Trek de stof goed uit over je schouders, voor een goede gewichtsverdeling en optimaal draagcomfort.

Info

BYKAY AQUACARRIER: THE CARRIER TO USE IN THE SWIMMING POOL OR UNDER THE SHOWER!

Taking a shower safely or splashing in the swimming pool with your baby while your hands are free? It's possible with the ByKay AQUAcARRIER. This new, unique carrier is made of fast-drying, soft fabric and it enables you to carry your baby in a safe and comfortable way under the shower or on the (slippery) swimming pool floor. And you can take your baby into the water just like that!

Under the shower

Most babies love taking a shower with mummy or daddy. And often you simply lack time to enjoy a long bathing ritual. Taking a shower together can be done simply and safely with the ByKay AQUAcARRIER. You carry your baby in the carrier on your hip or belly, you can lather your child without the fear of it becoming too slippery. Because the carrier is made of stretch fabric there is sufficient space to wash your baby (and yourself) properly. Also your other children can come along under the shower. This way you can enjoy this special time of the day as long as you want; after all, you don't need to carry your baby (it doesn't become heavy) and you don't have to be afraid you may drop your child. Also this way of showering is ideal for baby's who have to get used to water: being close to mummy feels nice and secure!

In the swimming pool

Also in the swimming pool the ByKay AQUAcARRIER is ideal. You can easily wear it over your swimsuit and under your normal clothing. The baby goes into the carrier and you can quickly go into the water together. So, no fussing about inflatable tyres or rings!. The carrier is safe and comfortable in the water so that your baby gets a chance to become free in the water while being close to you. You can go into the water up to the neck of your child. But even if your baby's takes a ducking once in a while that shouldn't be a problem; in baby swimming classes it is actually practised regularly.

Coming out of the water you can just leave your child in the carrier, so it will not cool down that fast and there is no need to hold it while walking on the (slippery) swimming pool floor. Also, you will have your hands free to support or help your other children.

The ByKay AQUAcARRIER is made of fabric especially manufactured for this purpose and it dries in an instant. You can even make the carrier 'towel-

dry' and leave it under your clothing. Bringing it along in your bag also is no problem as the ByKay AQUAcARRIER can be folded into a small package that doesn't take up much space at all.

On the beach

A day at the beach? Out of the water the ByKay AQUAcARRIER has all the advantages of a 'normal' carrier. The fabric carries off moisture and sweat quickly so the carrier remains feeling comfortable and cool. Next to that, the fabric of the ByKay AQUAcARRIER protects your baby against harmful UV radiation; with a protection factor of 45 you reduce the chance of sunburn considerably and you don't have to apply sunscreen again and again. In comparison: sunscreen lotion blocks 70% radiation while the fabric of the ByKay AQUAcARRIER blocks a whopping 98%!

Listing the advantages:

- Comfortable and safe for both you and your baby, in as well as out of the water
- Your baby doesn't become heavy or slippery under the shower
- You've got your hands free to wash yourself and your baby – or for your other children under the shower or in the swimming pool
- Becoming free in the water: your baby can safely get used to a new situation
- Be safe on the slippery (swimming) pool floor
- Made of 100% polyester, so fast-drying
- The fabric hardly absorbs any moisture
- Best protection against harmful UV radiation
- Can be washed in the washing machine (40 deg C). Do not tumble dry
- Can be used from the first day up to toddler's age and as long as it feels comfortable



BREASTFEEDING IN THE BABY CARRIER

Anywhere and on demand

Having your baby close to you stimulates the release of breast milk. That makes breastfeeding and carrying your baby in a carrier the ideal combination. It is a way of life that gives your baby a very natural start. A big advantage is that, after some practice, it is very easy to discretely and adequately breastfeed your baby while carrying him in the baby carrier, whenever your baby needs it. This will make you more flexible and mobile during the breastfeeding period. Because your baby is so close to you, you can respond quickly to his needs, which will strengthen the emotional bond between you and your child. Take some time for both of you to get used to the baby carrier. When carrying your baby in the foetal or BBLO position, you can offer either breast. If your baby is sitting too high to latch on to the breast, you can loosen the carrier's knot a little bit. By subsequently pulling down the shoulder pieces a little bit, your baby will be lowered. Uncover your breast and lift it a little bit, moving the nipple in the direction of your baby's mouth. This is easiest if you tuck your hand underneath the carrier's fabric from the side. When your baby is drinking well you can remove your hand. Breastfeeding inside the baby carrier takes some practice, so be patient. It may take a while before you and your baby have discovered what works best for you. If it isn't an immediate success, try again later. Patience, practice, confidence are the key words. Find out what works for you as a team.



BACKGROUND HISTORY

Carrying a baby in a baby carrier is surely one of the oldest methods of transporting infants. It is a common sight in various cultures and societies all over the world. For a very long time, our Western society was the exception to the rule, but fortunately times are changing. The baby carrier is becoming a much more common sight in the streets today.

Security, safety, a familiar environment, being close to mummy and daddy....that's what your baby needs most immediately after he's born. After nine months of living comfortably inside mummy's womb, your infant will continue to grow towards a life of increasing independence, and gradually find his own way in the world.

By carrying your baby in a baby carrier from the moment he's born, you actually help him to discover his new world. While you hold your baby close, he gently sways along with your every move. All this time, he can feel, smell, experience, rest, sleep and feel protected. Your remaining connected provides the basis that will help him later on, when he starts discovering the world on his own. The fact that he can rely on your presence gives your child a strong emotional basis, which will help him become independent sooner. Children who were 'carried' as infants have greater confidence in themselves, they are more self-assured. Our baby carriers provide the required security and protection, but they offer so much more!

Skin hunger

Unborn babies are warm, safe and secure in their mother's womb, while they get a constant supply of nourishment and feel their mother's movements. Newborns still have this constant need to be close to their parents and have skin-to-skin contact. Babies have what is termed as 'skin hunger'. When your child is carried in a baby carrier, he can smell you, hear your heartbeat and feel your body temperature and motions. This stimulates the release, in both mother and child, of oxytocin, a hormone that strengthens the emotional bond between you. Your child will feel

Info

secure, and you as a parent can respond quickly and adequately to the signals and needs of your baby, for example when he is hungry. Research by Barr and Hunziker at the University of Montreal Children's Hospital, demonstrated that babies who were carried in a baby carrier are more relaxed and cry considerably less. A baby carrier can also be a great help for adoptive parents or parents who find it difficult to bond naturally with their child. By carrying your baby frequently, the relationship between you will become much closer. And last but not least, it is a great opportunity for daddies to become closer with their children. Inside the baby carrier, the baby will become familiar with daddy's voice, scent and motions.

Emotional and social development at its best

By being carried in a baby carrier, the baby starts to take part in family life very naturally from the very first day. From his safe and secure position, the baby can confidently take in the many stimuli that come from the outside world. Research by Evelin Kirkilionis, a German behavioural expert, showed that the baby will structure these stimuli, connect them and react to them. A good balance between protection and freedom will lead to a sense of security and trust, which is the basis for self-confidence and a positive self-image.

Motor system, balance and sense of touch

Because the baby moves along in all the directions that you are moving in, and because you keep him balanced, he will become aware of his own position in his surroundings. This leads to an improved sense of balance, while the skin contact stimulates the tactile and motor development of your baby.



Better development of the hips and back

Carrying your baby in a baby carrier stimulates the hip development, because the baby is assuming the most natural position. Up to the age of three months, the baby is carried in the foetal position, while he keeps his legs pulled up like a frog inside the baby carrier. After three months, the baby can be carried with his legs outside the baby carrier. In that case, the baby

sits with his legs spread wide, his spine a little curved and his knees higher than his bum (the M-position). This is the ideal position for the baby's hip development. Carrying your child in a baby carrier cannot only prevent hip problems, but is also helpful in the treatment of congenital hip dysplasia. Babies with hip dysplasia can be carried in the carrier without wearing their special harness. Make sure that the baby carrier's fabric is spread widely from one knee hollow to the other. The time the baby is carried in the baby carrier may be deductible from the time he needs to wear the special harness. Always consult your child's physician or physiotherapist first.



Baby cramps and reflux

Carrying your baby in a baby carrier alleviates baby cramps and reflux. The baby's foetal position, close to his mother with his legs pulled up, and the movements he feels while sitting in the baby carrier stimulate the digestive system, thus mitigating cramps. Babies suffering from reflux also benefit greatly from being carried in a baby carrier. Because they are in an upright position they can hold down their food much better. Furthermore, their parent's nearness is a great comfort.

Hold your baby close to you...without using your hands

When carrying your baby in a baby carrier you can continue using your hands without losing body contact. You can carry on with your daily routine or pay attention to your elder children. No one will be running short of attention! As long as you remain aware of your baby's well-being, the most natural and secure way to keep your baby close to you is in the baby carrier.



Also suitable for toddlers

Children can be carried in a baby carrier until they have reached a weight of about 18 kg. Because you carry your child close to your body and the weight is distributed evenly between shoulders and torso, it is also possible to comfortably carry a toddler in a baby carrier. You can vary between positions, such as the hip position or the back position. As long as you and your child enjoy it and he isn't too heavy, you can continue using the baby carrier.

Baby carriers versus strollers and push chairs

From a practical point of view: baby carriers are very easy to take with you and they don't take up much space. Also, they are very affordable. There's

no need to juggle trying to fit a big stroller in the car boot or hallway. A walk in the woods, going to the beach or going shopping: it is all much easier if you use a baby carrier. You can effortlessly find your way through a crowd while shopping in a busy high street and you don't annoy other people because you're not 'in the way'. Instead, you'll meet tender and admiring gazes, intended for the baby who is sleeping sweetly or looking around, and maybe even for you as the relaxed and proud parent. And all the time you keep your hands free! Combining a baby carrier and a stroller can also be a good option if you have to transport two children (of the same age or different ages): you can carry one child in the baby carrier while the other sits in the stroller or push chair.

Literature:

- Hunziker, U.A., Barr, R.G. (1986). Increased carrying reduces infant crying: a randomized controlled trial.
- Kirkilionis, E. (1995). Wahrnehmen, Erfahren und üben beim Körperkontakt. Praxis der Psychomotorik.
- Kleintjes, S. and Broekhuijsen, M (2009) Borstvoeding.



DO'S AND DONT'S

When is a baby carrier a good option?

If you want to meet your baby's needs and your own...if your baby is inconsolable... if you cannot afford the space or the money to buy a stroller... if you go shopping in the high street or go to places where strollers are inconvenient... if you just want to keep your hands free... if your arms, neck and shoulders hurt from cradling your baby... if you want to keep your baby close to you... if you want to prevent your (newborn) baby from being handed from one visitor to another... Use the baby carrier as long and as often as you like! It is multifunctional. You can also use it as a blanket, play mat or change mat.

Before you start:

- Choose the right moment for your first 'rehearsal'. When the baby is quiet and satisfied, for example after his feed or nap. Of course you can also use a doll when you rehearse tying the baby carrier. After some time, when you are both used to the baby carrier, it will be the ideal way to comfort your child, but for the first time it is better if you are both relaxed. Don't forget: a baby senses your emotions; the more relaxed and patient you are, the quieter the baby will be.
- Bend your torso a little backwards, while putting the baby in the carrier. Gravity helps your baby to sit secure against your body, while you do the tying.
- If you feel a little insecure the first time, you may want to carry out the actions while sitting on a bed, couch or large cushion, or while standing right next to it. You may also find it helpful to use a mirror or ask someone to assist you.
- Don't dress the baby too warm! Apart from three layers of baby carrier fabric around his body, the baby will also feel your body heat. Outdoors in winter, a baby coat and hat will suffice. We advise against closing your own coat over the baby carrier, since this will easily become too hot for

the baby, even in cold weather! When it's warmer, the baby won't need his baby coat at all. If you use the baby carrier indoors, remove a layer of clothing. Sometimes a body suit or vest will suffice. If the weather is very warm, you may want to reduce the time the baby spends inside the baby carrier. Pay attention to the signs your baby is giving: a red face, a warm neck, crying and sweating... it all means too hot!

- It is almost impossible to tie a baby carrier too tight! There's no need to leave extra room for the baby when you are tying the fabric. The carrier can be tied close against your body. If you tie it too loosely, you will notice that your baby is sitting too low and you don't form a 'unit' together. This will make carrying unnecessarily heavy. The tighter the fabric, the higher the baby's will sit. The looser the fabric, the lower the baby will sit. Just find out which degree of 'tightness' is most comfortable for you both.
- As soon as your baby sits in the carrier, start walking, moving or swaying. This relaxes the baby. Soon he will get used to the motions and cuddle up to you.
- If the baby's neck muscles are not yet sufficiently developed, they need support. This is achieved by pulling up the three ends of fabric (after tying the fabric you'll have two shoulder pieces and a centre piece) as high as possible over the baby's back into his neck. The fabric will support the baby's neck.
- Sometimes it's more convenient and comfortable to tie the final knot on your tummy instead of your back, for example if you're in a wheelchair. Also, if you want to put on the baby carrier in advance without putting the baby inside, because you have to drive first, it is more convenient to have the final knot on your tummy. Never drive with your baby inside the baby carrier! Put your baby in the carrier after getting out of the car.
- We don't recommend carrying your baby with his head facing the outside world. This can strain his back muscles unnecessarily. Also, babies who are carried in this position easily become over-stimulated, because they cannot turn away to take a nap. We recommend the ergonomic belly-to-

belly carrying technique, which makes the baby's back nice and round and helps him cuddle up to you for a nap.

- Babies who have a higher risk of, or who are already suffering from hip dysplasia can benefit from being carried in the baby carrier. The baby carrier can be an aid both for the prevention and the treatment of hip dysplasia! The baby doesn't need to wear his special harness, as long as the baby carrier fabric is spread out widely, from knee hollow to knee hollow. The time spent in the baby carrier may be deductible from the time your baby must spend in his harness! Always consult your child's physician or physiotherapist first.
- The baby carrier allows your baby to sit in the position that is most natural to him. Consequently, there is no time limit for carrying him in the baby carrier. As long as you both feel comfortable, you can just continue carrying. You can do almost anything, as long as you remain aware of your baby's safety! We advise against riding a two-wheeled bike or working with harmful substances while carrying your child in the baby carrier.
- Would you like to take a shower or paddle in the sea with your baby? You can now do so safely, because we have developed the AQUAcarrier. It is a unique baby carrier, specially designed for use in water. It gives you all the advantages of the 'regular' baby carrier, but can also be used in the shower, swimming pool or at the seaside.
- Be patient! If you don't seem very skilled when using the baby carrier for the first time, please don't give up. Just keep practising, and you'll manage better the next day!



Twins:

Fold both shoulder pieces in two in order to create little hammocks, in which you can carry your twins next to each other until they are about 3 months old.

See page 6, steps 8 & 9

Zwillinge:

Falten Sie die Schulterbahnen doppelt, so dass eine „Hängematte“ entsteht. So tragen Sie Ihre Zwillinge bis sie ungefähr drei Monate alt sind neben einander im Tragetuch.

Sehe Seite 6 Schritt 8 & 9

Vos jumeaux:

Pliez les pans en deux pour créer des „hamacs“. Portez vos jumeaux l'un à côté de l'autre jusqu'à ses trois mois.

Voyez page 6, étapes 8 & 9

Tweelingen:

Sla beide schouderbanden dubbel zodat er twee 'hangmatjes' ontstaan, zo draag je je tweeling tot drie maanden naast elkaar in de draagdoek.

Zie pagina 6 stap 8 & 9.

SAFETY INSTRUCTIONS

Carrying is the healthy option!

A ByKay baby carrier provides a completely safe carrying method, enabling you to hold your baby close in a safe and secure way. The Ökotex certified fabric is free of harmful substances and heavy metals and is specially manufactured to carry your baby both comfortably and secure.

Carrying your baby in a baby carrier stimulates your baby's physical and mental development. The carrier provides a safe place where the baby can feel his mother's heartbeat and smell her familiar scent. Carrying in a baby carrier also stimulates the ergonomically sound development of the baby's hips, back muscles and neck muscles. From the very first day until the baby is about three months old, you can carry him in the foetal or 'frog' position, with his legs pulled up inside the baby carrier. After three months, when the hips are more developed, you can carry him with his legs outside the carrier. Carrying stimulates the release of oxytocin and contributes to a feeling of wellbeing in both parent and child. Various studies have shown that babies suffering from colic cry considerably less if they are carried, because cramps and reflux are reduced. With the baby carrier, you can keep your hands free to care for your other children and for your daily routine. You can respond quickly and adequately to the needs of your baby and you can breastfeed discretely, anywhere, any time. The baby carrier is therefore the ideal breastfeeding aid, as it allows for complete flexibility and enables you to breastfeed your child longer. A big health bonus!

Be aware of your baby's safety!

Always be aware of your baby's safety! Not only when you carry him in the baby carrier, but in each and every situation. This is a general rule. When your baby is lying in his cot or when he's playing on the floor, you're also making sure that his environment is safe and that there are no bits and bobs that he can swallow or get entangled in. In the car you're making sure that the car seat is properly mounted. At home you're preventing him from sticking his fingers in the wall socket. As a parent, you're responsible for your baby's safety 24 hours a day. This also applies to using the baby carrier. In general, follow the instructions and read the safety regulations

carefully. Always make sure that your baby can breathe freely and check regularly if the baby carrier is still secure and in the right position. If you stick to the following safety regulations, a baby carrier is the best and most secure place for your baby!

General safety regulations:

1. Carry your baby in a vertical and symmetrical position. This is the case if you can kiss the top of his head.
2. Don't make your baby lie in a position with his chin resting on his chest. This is a potential problematic position for smaller babies under the age of 4 months and premature babies, because they may not be strong enough to turn their heads when their breathing is obstructed.
3. The baby's head must be higher than the rest of his body at all times.
4. If you carry the baby with his legs outside the carrier, make sure that he sits in the M-position: the legs are spread and the knees are higher than the baby's bum.

5. Check if the baby isn't overdressed; if he's too warm, take off a layer of clothing, or take off his socks or hat.

6. Always carry your child belly-to-belly in the baby carrier. We strongly advise against carrying your child the other way round. Ergonomically, carrying belly-to-belly is the best option and the most comfortable position for your child. If you carry him the other way round, he may tend to overstretch himself, which is too much of a strain on his back muscles.



Another advantage of the belly-to belly position is that when your child gets tired from external stimuli, he can rest his head against your chest and take a nap. Your child can choose his own moment.

7. Make sure that the baby carrier is strapped on tight enough, to prevent the baby from sinking into an uncomfortable position (with his chin on his chest). When tying the fabric, there is no need to leave additional room for your baby. Check regularly if the fabric is spread out widely and isn't twisted.
8. Carried babies have a better development of the back and neck

muscles. However, until the baby's neck muscles are strong enough, it is recommended to support the head with the fabric. When the baby sleeps, let his head rest in the shoulder piece, for complete support and total relaxation.

9. Check if your baby carrier is manufactured from 100% cotton and thus from a breathing fabric, preferably Ökotex-100 S certified.

10. Always take care during activities such as cooking, ironing or sports activities when you carry your child in the baby carrier. Always be aware of the risks the activity may hold for your baby's safety. When cooking or ironing, you could carry your baby in the back or hip position, so that enough distance is created between the heat source and the baby. Other activities, such as cycling on a two-wheeled bike, are best avoided when carrying your child in a baby carrier.

11. Always be aware of the dangers to your child's safety!

Don't hesitate to contact us if you have any problems or questions! You can always send us an email: info@ByKay.com.

A single piece of advice is usually sufficient to make carrying a success.

Washing instructions:

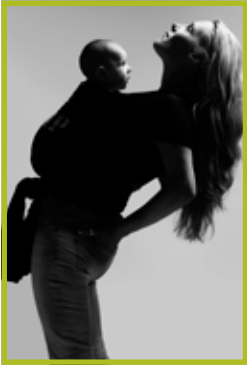
Wash at 40° C with similarly coloured fabrics. Use a special mild detergent for dark and bright colours. DON'T tumble dry!



Happy carrying!



See www.bykay.com (downloads) for the **DE** **FR** **NL** version.



EN - As a dedicated mum of four children, Kay Poelen soon discovered the many advantages of using a baby carrier: skin contact, security, a practical way to have your child close while keeping your hands free. She brought an age-old method of carrying babies into the 21st century, by designing a fashionable, comfortable baby carrier, with a perfect fit and made of high quality fabric. In addition, she designed a whole range of matching accessories. Her dedication serves only one purpose: to have as many babies and parents enjoy a more relaxed way of life by using a baby carrier! [Carry your love!](#)

DE - Als engagierte Mutter von vier Kindern entdeckte Kay Poelen schnell die vielen Vorteile eines Tragetuches: Hautkontakt, Geborgenheit, eine sehr praktische Weise, das Baby ganz nah bei sich zu tragen und die Hände frei zu haben. Sie entwickelte daraufhin ein neues, moderneres Konzept dieser jahrhundertealten Trageart: komfortable und trendige Tragetücher in perfekter Qualität und ausgefallenen Mustern. Zusätzlich entwarf Sie eine Linie passender Accessoires. Und das alles mit einem Ziel vor Augen: sovielen Babys und Eltern einen zufriedenen und relaxten Alltag mit dem Tragetuch zu bescheren! [Carry your love!](#)

FR - Maman passionnée de 4 enfants, Kay Poelen découvrait vite les avantages de l'écharpe de portage: contact de peau, sécurité, une façon pratique de (trans) porter, avec l'enfant toujours proche de soi. Elle développait un nouveau concept adaptant cette façon séculaire de porter avec une écharpe de portage avec le confort, l'esthétisme et une parfaite qualité. Par ailleurs elle dessinait une ligne d'accessoires assortis. Tout cela dans un seul but: rendre plus heureux le bébé pour laisser les parents profiter d'une vie plus relax avec une écharpe de portage! [Carry your love!](#)

NL - Als gepassioneerde moeder van 4 kinderen ontdekte Kay Poelen al snel de voordelen van de draagdoek: huidcontact, geborgenheid, een praktische manier van dragen en je kindje altijd dichtbij je. Ze ontwikkelde een nieuw concept van deze eeuwenoude manier van dragen in de vorm van een comfortabele en trendy draagdoek, perfect van model én kwaliteit. Daarnaast ontwierp zij een lijn van bijpassende accessoires. Dit alles met één doel voor ogen: Zoveel mogelijk tevreden baby's en ouders laten genieten van een relaxter leven mét een draagdoek! [Carry your love!](#)

Visit our website for our assortment and more information:

www.bykay.com

For our instruction videos visit our YouTube-channel:

www.youtube.com/bykaycarriers



EN13209-2



<http://twitter.com/bykay>



<http://www.facebook.com/pages/ByKay/262361038692?ref=ts>