

Tragen gibt Ihrem Kind die Geborgenheit und Nähe, die es braucht
und Ihnen die Freiheit, die Sie brauchen.



Fräulein Hübsch
Mei Tai

BABY AND TODDLER CARRIER

INSTRUCTION MANUAL

www.fraeuleinhuebsch.at
www.fraeuleinhuebschmeitai.com

Please keep this instruction manual for future reference.

- Please, read these instructions carefully before use.
- Regularly check if all seams, buckles and buttons are in working order.
- When tying and untying your Mei Tai, always keep one hand on your child until you have tied the shoulder straps in a square knot. Please, make sure to follow all steps outlined in the instructions.

WARNING: Never unbuckle the hip belt when your child is still in the carrier.

WARNING: Your balance can be negatively affected by your child's and your own movements.

WARNING: Be careful when bending forward or leaning backward.

WARNING: This carrier is not suitable for use during sports activities.

Male pronouns were used throughout this manual, in order to avoid the less personal "it" alternative. No preference toward any one gender should be deduced from this.

PRODUCTION AND DISTRIBUTION:

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Made in Czech Republic

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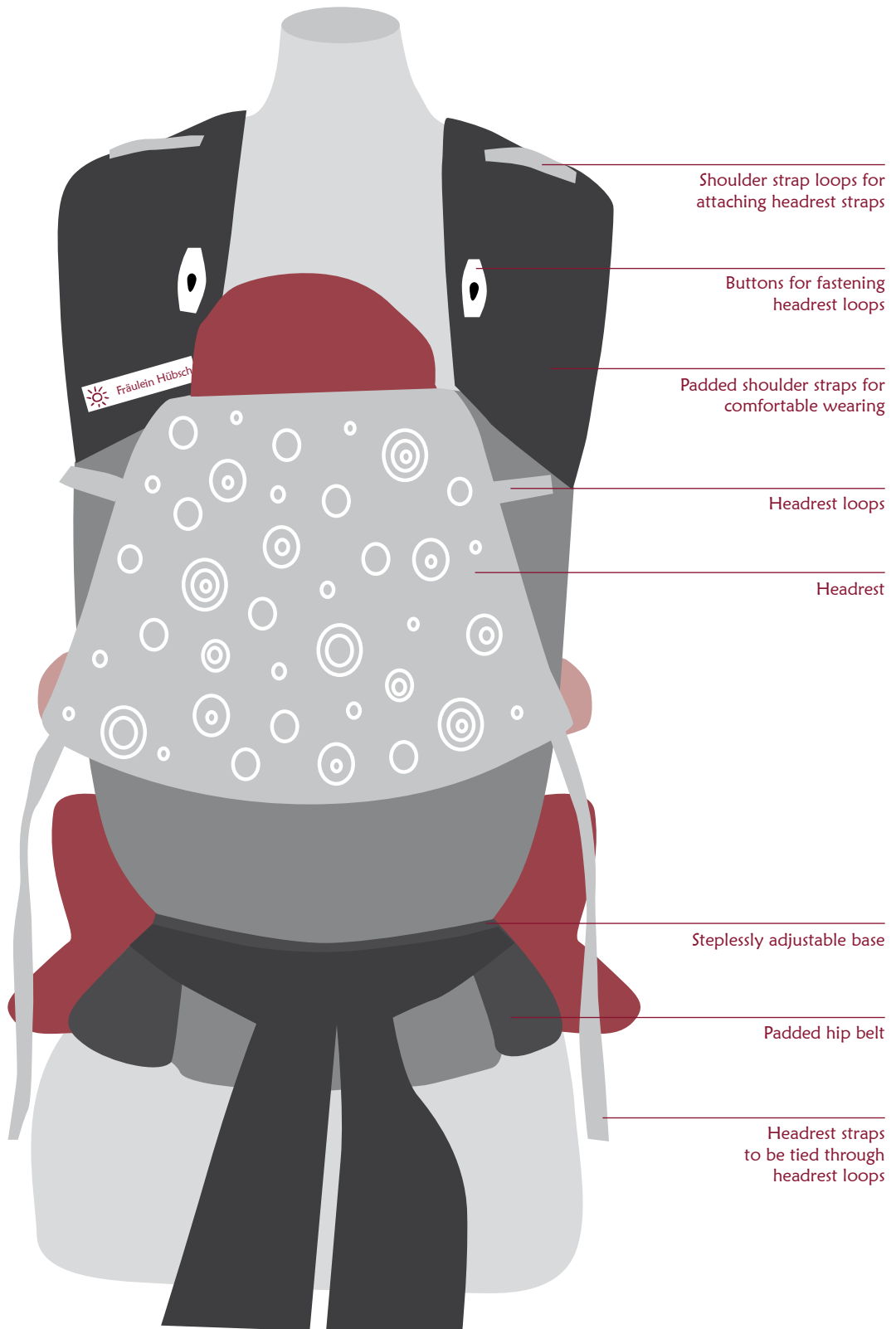
Von Anfang an gut getragen.



Parts of your Fräulein Hübsch Mei Tai

GET ACQUAINTED WITH YOUR MEI TAI BEFORE FIRST USE!

- FRÄULEIN HÜBSCH MEI TAI BABYSIZE suitable for babies aged 0 – approx. 1.5 years (clothes sizes 50 – 80/86)
- suitable for children aged 8 months – approx. 3 years (clothes sizes 74/80 – 98). Suitable for people with a hip circumference of 65 – 130 cm, extendable to 150cm.
- Backrest material with diagonal weave to support the spine and proper development of the hip. Backrest is steplessly adjustable.
- Padded hip belt with buckle and steplessly adjustable width.
- Headrest, adjustable to baby's head size.



How to adjust your Fräulein Hübsch Mei Tai



First adjust the base (the bottom part of the Mei Tai's backrest) to the size of your baby. To do that, reach between hip belt and backrest and unfasten the hook-and-loop fastener.

Pull both ends of the backrest together in the middle. The base should now reach from the back of one knee to the other. The base should be broadened as your baby grows.

THE OPTIMAL „FROGGY STYLE“ POSITION OF YOUR BABY IN THE MEI TAI WOULD MEAN:

- Your baby's bum is the lowest point
- Your baby's legs are slightly apart
- Your baby's legs are tucked up with his knees at the height of his navel.

With newborns, it would be advisable to keep the base of the Mei Tai's backrest as short as possible.

ADJUSTING THE LENGTH OF THE BACKREST

You can tie your Mei Tai in a variety of ways.

If you are switching from one carrying position to another (short to long backrest and vice versa) it will be necessary to re-thread the buckles on the hip belt. In their default position the buckles are threaded for use with a long backrest.



Short backrest



Long backrest

For a **SHORT BACKREST**, hang the shoulder straps of the Mei Tai over your shoulders. The printed pattern of the headrest is visible and facing towards you. Both the hook (end with prongs) and the catch end of the buckle are pointing towards the Mei Tai. First, thread the hip belt through the slit that is closer to the hooking or catching end of the buckle, and then back through the second slit.

For a **LONG BACKREST**, hang the shoulder straps of the Mei Tai over your shoulders. The printed pattern of the headrest is visible and facing towards you. Both the hook (end with prongs) and the catch end of the buckle are pointing away from the Mei Tai. First, thread the belt through the slit that is closer to the hooking or catching end of the buckle, and then back through the second slit.

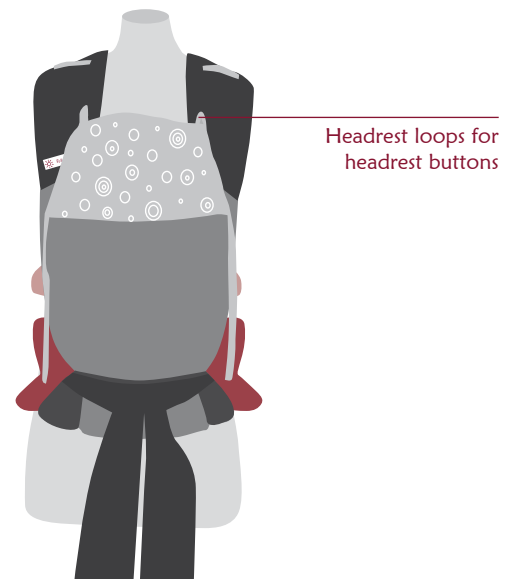
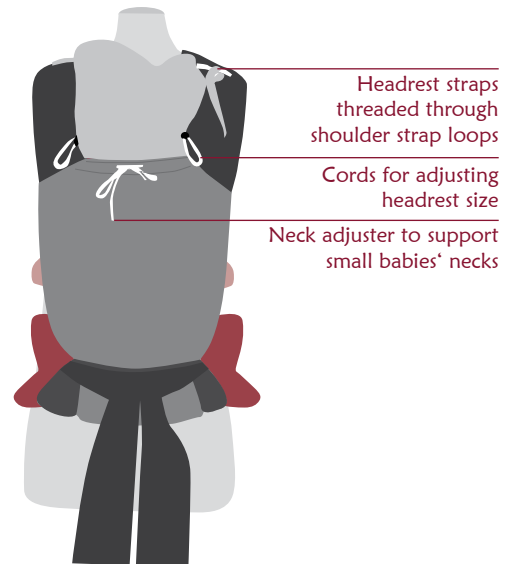
Headrest and neck adjustment

The headrest serves as head support for sleeping children, or for babies who can't hold their heads by themselves yet. With bigger children the entire headrest should be used. To do so, just thread the headrest straps through the loops on the shoulder straps and fasten snaps at the right height. For an even better fit to the child's head size, use the cords on the side and shorten the headrest to the right size.

For newborns it would be advisable to adjust the width of the Mei Tai through the neck adjuster. This ensures your baby's neck is properly protected.

For children who can't hold their heads up, and particularly newborns, it would also be advisable to attach the loops on the side of the headrest to the buttons on the shoulder straps. You will find that in most cases the whole headrest is too big for small children.

If your child's head is too big for the 'small' headrest, but he still needs support to hold up his head, you can just button one side of the headrest to provide a little extra support.



Tips for optimal use of the Fräulein Hübsch Mei Tai

- Carefully read this manual and follow all steps.
- Just like the tying of any other baby sling or carrier, the correct tying of the Mei Tai will require some practice. Take your time, and after a few attempts you will feel much safer in your handling of the Mei Tai and get a sense of how to correctly carry your baby in it. Even for babies, being carried in a baby carrier is a new sensation and will require some time getting used to.
- For your first try, make sure you have ample time, and your baby is well-rested, fed and overall content. When you are stressed, the feeling will transfer to your child.
- If your baby should cry during the tying process, it often helps to move around a little. Rock back and forth while standing, or walk up and down and see if this calms him down. Make sure the shoulder straps are tied up and the hip belt is buckled, before you start walking, and always keep a hand on your baby while shifting around.
- Make sure your baby gets enough oxygen. His mouth and nasal passages must be clear. Also ensure your baby's chin does not sink into his chest. If that should happen, straighten your baby up and tauten the Fräulein Hübsch Mei Tai.
- It is very important the Mei Tai holds your baby snugly. The backrest should wrap around your baby like a second skin, so that your baby's back is sufficiently protected. Your baby's spine should be straight (and not be bent to the left or right). If your baby is slanting to one side, you probably haven't tightened the Mei Tai sufficiently. If this should be the case, sit your baby up straight and tauten the Mei Tai. The Mei Tai is taut enough if you can lean forward (holding your baby's head!) with your baby staying close to your body without dropping away.
- Your baby should always be facing the carrying person. Otherwise his back won't be supported, and his legs will not be in the correct 'froggy style' position. Your baby should never be carried facing out in the front, no matter which baby carrier he is in.
- Make sure your baby's legs are in the correct 'froggy style' position (tucked up and slightly apart), to support the correct development of your baby's hip: your baby's bum is the lowest point and pointing upward. His knees should be at approximately the same height as the naval.
- Don't wrap your baby up too warm. The Mei Tai replaces one layer of clothing. However, do make sure that your baby's arms and legs are warm enough, and protected against the sun in summer.

Waist carry with newborns (Babysize)

PREPARATION:

re-thread buckles to adjust to short backrest.

Waist carry from size 68 (Toddlersize)



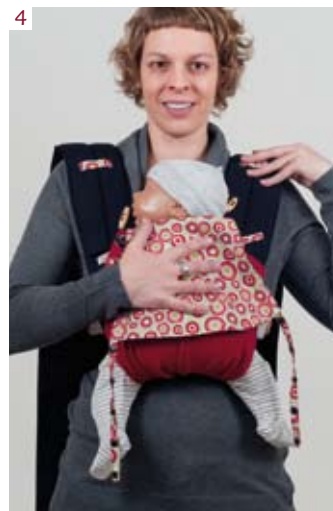
1 Hold your Mei Tai's hip belt with the backrest hanging down in front of you like an apron. The printed pattern on the headrest must be facing away from you, the hook-and-loop fastener on the hip belt must be facing towards you. Buckle the hip belt high up around your waist and pull tight.



2 Hold your baby against your belly. With newborns, the baby's bum has to be UNDER the hip belt.



3 Pull the backrest up in between your baby's legs to create a seat. Holding your baby, keeping one hand on his back, bring a shoulder strap up over your shoulder with the other hand.



4 Now switch hands and bring the other shoulder strap up over your other shoulder.



5 Reach behind your back with one hand, firmly holding your baby with the other, grab both straps and pull down to tauten.



6 Once you have tautened the straps and are holding them securely in one hand, make sure your baby is safely held by the Mei Tai. Now you can reach back with your other hand and hold one shoulder strap in each hand. Pull both straps down once more and cross them on your back.



7 Now bring the straps back to the front while keeping the Mei Tai taut. Cross the straps under your baby's legs and tie them in a square knot underneath your baby's bum.



8 Tauten once more by pulling the straps down on your back, rolling your shoulders a little. Feel along the shoulder straps to the front where they are tied together, untie the knot and re-tie in a square knot.

Waist carry from size 68 (Babysize)

PREPARATION:

re-thread buckles to adjust to long backrest.

Waist carry from size 86/92 (Toddlersize)



1 Tie the hip belt around your hip. The hook-and-loop fastener on the belt should be facing away from your body. Buckle the belt and tighten it.



2 Hold your baby against your belly, with his bum ABOVE the belt.



3 Pull the backrest up in between your baby's legs to create a seat. Hold your baby, keeping one hand on his back, and bring one shoulder strap up over your shoulder with the other hand. Now switch hands and bring the other shoulder strap up over your shoulder.



4 Reach behind your back with one hand, firmly holding your baby with the other, grab both straps and pull down to tauten.



Once you have tautened the straps and are holding them securely in one hand, make sure your baby is safely held by the Mei Tai. You can now reach back with your other hand and hold one shoulder strap in each hand. Pull both straps down once more and cross them on your back.



Now bring the straps back to the front while keeping the Mei Tai taut. Cross the straps under your baby's legs and tie them in a square knot underneath your baby's bum.



Tauten once more by pulling the straps down on your back, rolling your shoulders a little. Feel along the shoulder straps to the front where they are tied together, untie the knot and re-tie in a square knot.



Make sure to tie the knot on top of the belt. This will help carry the weight to your hips better. Tighten the belt once more, if it has come loose through the tying process.

Back carry (after head control)

For back carrying, your baby should be able to hold his head up very well on his own. You can carry your baby on your back with either a short or a long backrest, depending on the size of your child. Also see: [Waist carry with newborns and](#) [Waist carry from size 68.](#)



1 Buckle belt around your waist and push towards your side. Sit your baby on your side and pull backrest up between his legs.



2 Pull the rear shoulder strap under your arm pit across your back and over your shoulder back to the front. If you tuck the strap between your knees, you won't have to hold it.



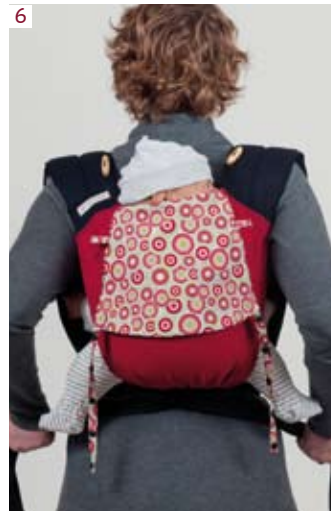
3 Hold your baby with one hand and with the other reach over your baby's head and push him under your arm onto your back.



4 Lean forward, so your baby lies on your back. Hold your baby with one hand, and with the other pull up the second shoulder strap.



5 Now hold both straps firmly in your hands, straighten up, and tauten shoulder straps. Under your arms, take shoulder straps behind you.



6 Bring straps under your baby's legs and cross under his bum.



7 Bring the straps back to the front and tie them on your belly.



8 Reach for the chest strap underneath the shoulder pads and fasten the hook-and-loop fastener. This will help relieve your shoulders.

Hip carry (after head control)

For hip carrying, your baby should be able to hold his head up very well on his own. You can carry your baby on your hip with either a short or a long backrest, depending on the size of your child. Also see: [Waist carry with newborns](#) and [Waist carry from size 68](#).



Buckle belt around your waist and push towards your side. Sit your baby on your side and pull the backrest up between his legs. One hand must always remain on your baby.



Pull the rear shoulder strap across your back and over your shoulder back to the front.



Now lead the front strap across your chest and bring it over your shoulder to the back.



Reach back with one hand and grab the hanging shoulder strap. Tauten it and bring it under your baby's back leg. Now support your baby with the hand that holds the shoulder strap. Bring the front strap under your baby's front leg, tighten and tie underneath your baby's bum.

Care instructions and material

CARE INSTRUCTIONS

Machine wash at 30°C using a gentle cycle, preferably with a mild detergent. Wash separately! Use colour and dirt collector cloths. Do not tumble dry or bleach.

Avoid frequent washing, and remove small stains manually with warm water. Inspect carrier for damages after each washing cycle.

Hook-and-loop fastener on the waistband must be covered by the backrest (extend base to full width), to minimise wear and tear. If hook-and-loop fastener is not covered in the wash cycle, adhesiveness can deteriorate.

Straps and belts should be buckled up for washing and storage.

Do not iron over hook-and-loop fasteners, belts and buckles!

MATERIAL

Outer fabric: 100% cotton

(Öko-Tex Standard 100)

Padding: Polyurethane (foam)



Frequently asked Questions

When can I start carrying my baby in a Fräulein Hübsch Mei Tai?

The Fräulein Hübsch Mei Tai can be worn from a weight of 3 kg.

How long can I carry my baby in a Fräulein Hübsch Mei Tai?

You can carry your baby in a Fräulein Hübsch Mei Tai as long as you and your baby want to. Babies will usually make it known if they don't want to be carried any longer, and you will know yourself when it has been enough for you.

Does my baby get enough air in the carrier?

If you make sure that the mouth and nasal passages of your child are unobstructed, and your Mei Tai is tied tightly, then your baby is getting enough air. Your baby should not be in a slumped down position in the Mei Tai. This would keep him from breathing freely.

Am I spoiling my child through carrying?

No. You are fulfilling your child's basic need for warmth and security. Physiologically, all babies are delivered prematurely. They are actually supposed to stay in mummy's womb another three months, but our species' upright walk makes that impossible. The proximity between mother and child, especially in the first few months, is absolutely vital.

Can the Mei Tai be worn by people of different heights?

Yes. Through the simple tying of the shoulder straps, complicated adjustments to different heights are unnecessary. The length of the shoulder straps depends on where the knot is tied. No difficult-to-operate buckles are needed!

I have read that carrying babies upright can be harmful to their spines. Is this true?

If your baby's back is properly supported, and he is in the correct 'froggy style' position, carrying your baby upright will support the correct development of your baby's hip and spine.

My baby's head does not stick out of the Mei Tai. What can I do?

Your baby's head should not be entirely covered by the backrest. If your baby can't look out of the



carrier, you should move the hip belt higher (See: short backrest). From a body height of 50cm, your baby should be tall enough to poke his nose out of the Fräulein Hübsch Mei Tai.

The shoulder straps sit too close to my baby's head. What can I do?

How far apart the shoulder straps are depends on the shoulder width of the Mei Tai wearer. If the straps are too close to your baby's head, try pushing the crossing point of the straps on your back lower down by pulling them apart. If that should not be effective, try tying the base of the straps (e.g. with a hair band, a shoe lace or other). That should move the shoulder straps away from your baby's head.

Can I carry my baby in the Mei Tai facing out front?

Never carry your baby in the Mei Tai facing away from you. It would force your baby into a hollow back posture and subject it to a range of stimuli it is not ready for at that age. Also, he would not be able to make any eye contact with you or see your face. If you feel that your baby wants to see more of the world, try carrying him on your back or on your hip, which is perfectly possible after head control.

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