

sestrice[®]
CARRIER
ONE

Instructions Booklet




Dear parents,

Thank you for choosing the ergonomic Sestrice Carrier ONE. You can be sure that with this carrier your child will be carried in safe, healthy and comfortable way. The Sestrice Carrier is made of materials of the highest quality of European origin with the certificate OEKO-TEX® STANDARD 100 for children up to three years and the safety of the carrier was also confirmed by certification in an accredited laboratory. When developing the Carrier we took care of every detail. Please, read this instructions booklet carefully to take the full advantage of your Carrier with all benefits it offers. In case of any questions or problems, do not hesitate to contact us at hello@sestrice.com or via message at our Facebook page – we will be glad to help and give you an advice.

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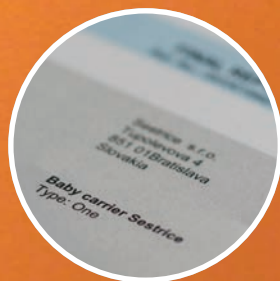


How babywearing can help you

- ✿ Babywearing helps the parent to better react to the needs of the child.
- ✿ In close physical contact babies manage to better regulate their body temperature, breathing and heartbeat. They are more content and cry less.
- ✿ Vertical position during babywearing helps to reduce reflux and ease colic by natural abdominal massage.
- ✿ The abduction-flexion position (knees higher than bum, legs creating an M-shape, back is rounded resembling the letter C) is beneficial for healthy development of hip joints and spine. Many orthopaedists all around the world recommend babywearing in a wrap as a prevention of problems with hip joints.

- ✿ Babywearing helps with breastfeeding and makes it easier. Breastfeeding in a wrap or a carrier gives mother the opportunity to do other activities while breastfeeding or take care of the older child.
- ✿ In times of illness the physical closeness of a parent eases the discomfort of the baby and skin-to-skin contact helps to naturally reduce a fever.
- ✿ The baby is able to satisfy most of its needs through babywearing while leaving the parent with two hands free for other activities.
- ✿ Babywearing can get you to places not accessible by strollers. With your baby in a wrap or a carrier it's easier than ever!

About the carrier



Manufacturer: Sestrice Ltd.

The carrier for children Sestrice Carrier ONE is made according to the 2020 model certified according to the standard EN 13209-2: 2015.

Sestrice Carrier ONE

The Sestrice Carrier ONE is suitable for children from birth with the minimum weight of 3,5kg. The carrier is certified for a maximum weight of a child 15 kg. The minimum width of the body of the carrier between legs of a child is 12cm, the maximum width is 40cm. The height of the body of the carrier is adjustable from 31 to 49cm.



Care & Maintenance

Before first use, unpack the carrier, release the tighten spots, lock the buckles and wash the carrier in a washing machine at 40 degrees with delicate and gentle washing gel with no optical brighteners on the lowest spin speed possible (400 in the most ideal case). Do not use any fabric softener. Let the carrier dry lying flat or hanged, never directly exposed to sun nor close to any source of heat. Before washing, close all buckles. The carrier should be washed alone. During regular using of the carrier, wash it as needed. For more gentle washing the carrier can be put into a separate washing bag for delicate fabrics. If ironing, avoid places with fillings, straps, snaps and buckles. Iron at the temperature for cotton. However, it is not necessary to iron the carrier.

IMPORTANT!

PLEASE READ THESE INSTRUCTIONS CAREFULLY AND KEEP THEM FOR FUTURE USE.

Caution

- ✿ Your balance might be shifted negatively by the movements of yourself or your child.
- ✿ Be careful when bending or leaning forward.
- ✿ Do not use this carrier during sport activities.

Be especially cautious during babywearing and constantly check your child. It is also important to be careful during all activities you do, either outside or inside. Avoid manipulation with chemicals, sharp objects, hot objects and liquids or other potentially dangerous situations. Before each use all parts of the carrier should be visually and physically checked. If any of its parts show signs of wear or damage, do not use the carrier.

NEVER OPEN THE WAIST BUCKLE WHILE HAVING THE CHILD IN THE CARRIER!

The carrier and its components

- A: waist belt
- B: waist belt buckle
- C: body of the carrier
- D: adjusting the width of the body of the carrier
- E: adjusting the height of the body of the carrier
- F: adjusting the width of the neck support
- G: shoulder strap
- H: tightening the shoulder strap at the upper part of the back panel
- I: tightening the shoulder strap under arm
- J: hood
- K: hook for the hood fastening
- L: chest buckle
- M: rails for moving the chest buckle
- N: protective sleeve for the shoulder strap – teething pad

All instructions for use are made into video and available at our website www.sestrice.com.



HOW TO BABYWEAR - FRONT CARRY

1. Adjust the width of the body of the carrier using horizontal strap to fit your child – when you put your child in the carrier the width should spread from one knee to the other (the child should be able to freely move their legs). In case you are starting to carry a newborn, tighten the height of the back panel on both sides and adjust the neck support to secure the head of your baby.

2. Check the back panel width adjustment whether it fits – gently put your baby on the carrier and see if the back panel spreads from knee to knee.





3. Put the waist belt around your waist and close the buckle. Always pass the buckle and the spare part of the strap out through the safety elastic. When the buckle is correctly closed you will hear a click. The waist buckle should be situated on your waist level, to achieve the right position of your child, comfortable babywearing and easy control over your child.



4. Turn the carrier around your waist so the back panel is hanging in front of you and tighten the waist belt using the strap as much as needed – so it feels comfortable.



5. Put your baby on your chest facing you. If your child does not hold their head securely, always support it with your hand. When babywearing, always respect the natural position of the baby and support it with the body of the carrier. Never spread the legs of your baby by force.



6. Securing your child with one hand, use the other to bring the back panel of the carrier up over the back of the child to the neck and head.





7. Put on the shoulder straps while always securing your child with one hand.

9. Tighten the strap of the chest buckle to get the shoulder straps closer together. Babywearing will be more comfortable.



8. Close the chest buckle on your back. The buckle is magnetic, all you have to do is bring both parts closer together and the buckle will close itself. When closing it you will hear the buckle click. If you cannot reach the buckle, loosen the shoulder straps under your arms which will move the buckle higher on your back and make it more accessible.

10. Lift your child a little and tighten the shoulder straps under your arms so the babywearing feels comfortable for both of you. Always pull the strap forward.





11. If necessary, tighten up the shoulder straps at the upper part of the back panel. The padding of the shoulder strap should start at the upper part of your shoulder.



12. Now you can adjust the height of the carrier using vertical straps on the back panel of the carrier to fit your child.

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13. In case the child does not hold the head up securely, we recommend to support it with the hood. You can roll it up and secure with buckles or leave it unfolded and attach to the hooks at the shoulder straps.

14. Roll up all the hanging straps and secure them with the elastics at their ends.



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15. We wish you pleasant
and comfortable
babywearing!

HOW TO TAKE A CHILD OUT OF THE CARRIER



1. Unfasten the chest buckle on your back. If you cannot reach it neither from above nor from below, loosen the shoulder straps under your arms, which will move the buckle higher on your back and help you to unfasten it easily.

2. Secure your child with one arm and put the other out of the shoulder strap. Change your hands, while always securing the child.

3. Put your child on a safe place.



4. Unfasten the waist buckle by pressing the security lock and sides of the buckle at once. Remove part of the buckle from the safety elastic.

HOW TO BABYWEAR – BACK CARRY

The manual is intended for parents whose children are able to sit unsupported. If you are just starting with back carrying, ask another person to assist you or try to put the child in the carrier over a soft pad or a bed.



1. Adjust the width of the body of the carrier using horizontal strap to fit your child – when you put your child in the carrier the width should spread from one knee to the other (the child should be able to freely move their legs).

2. Tightening the straps at the upper part of the back panel will get your child higher, securing a good view.



3. Put the waist belt around your waist and close the buckle. Always pass the buckle and the spare part out of the strap through the safety elastic. When the buckle is correctly closed you will hear it click.



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4. Turn the carrier around your waist so the back panel is hanging in front of you and tighten the waist belt using the strap so you are still able to turn the carrier around your body, so not too tight. We recommend to put the waist belt as high as possible when babywearing on back (even closely below your breasts) so the child has a good view.



5. Get your baby and hold them facing towards you, surrounding you with legs. Its bum is situated at the level of the waist belt – in front of the waist belt (not sitting on top of it).



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6. Bring the back panel of the carrier up over the back of the child.

7. Start to rotate the child together with the carrier around your body, under your arm towards your back. Secure your child with at least one hand **AT ALL TIMES!** During this movement you start gradually leaning forward – stay in this position once the child is on your back.



8. When the child is on your back, still keep your leaning position and secure the child with one hand. Put your arms through the shoulder straps one after another.



9. Close the magnetic chest buckle. All you have to do is bring both parts closer together and the buckle will close itself. When closing, you will hear a click.





10. Tighten the strap of the chest buckle to get the shoulder straps closer together. Babywearing will be more comfortable. If needed, move the chest buckle along the rails.



11. Lift up the child and tighten the shoulder straps under your arms so the babywearing feels comfortable.



12. Move the waist belt higher below your breasts and tighten it. This will get the child high enough on your back. In case your child falls asleep, support the head with the hood. Roll up all the hanging straps and secure them with the elastics at their ends.

13. By using a mirror
make sure that the child
is correctly positioned in the
carrier and their face and
airways are free.

We wish you pleasant and
comfortable babywearing!



HOW TO TAKE A CHILD OUT OF THE CARRIER



1. Unfasten the chest buckle.

2. Gently loosen the shoulder straps and waist belt so you can rotate it around your body (do not unfasten it).





3. Lean forward, take one arm out of the shoulder strap while securing your child with the other.



4. Still securing your child, start to rotate him slowly around your body, under your arm, to the front, at the same time slowly straightening up.

5. Now you can take the other arm out of the shoulder strap.



6. Put your child on a safe place.

7. Unfasten the waist buckle by pressing the security lock and sides of the buckle at once. Remove part of the buckle from the safety elastic.



Rules for safe babywearing

1. The head of the child is always rested on one side, avoid sinking their nose into your body. For small children we recommend to change the sides regularly.
2. If the child does not hold their head securely on their own, always secure it with the hood.
3. The airways of the child are always free and supply of fresh air is secured.
4. No rumbling or gurgling sounds can be heard during breathing.
5. The back of the child is slightly rounded.
6. Legs are in the M position (knees higher than the bum).
7. The child is high enough for you to kiss his head.



Babywearing should be comfortable not only for the child but also for the parent. When developing our carriers we took great care about every detail. If you feel uncomfortable during babywearing, check out our videos about the most common babywearing mistakes in a carrier and how to fix them. You can watch the videos on our website www.sestrice.com in the All about babywearing section.

Breastfeeding in the carrier

1. Loosen the waist belt a little, loosen the shoulder straps at the upper part of the back panel and under the arms so the head of the child will move to the breast level.

2. You can move the carrier with the child a little to the side to be in one line with the breast.

3. Support the head of your child with one hand, especially if the child is not able to hold it themselves. You can use the other hand to support your breast and enable your child to nurse. Always care about the right asymmetric suckling (the chin of the child is sinking into the breast and the nose is free, the head bent a little backward).



Our story

We are two sisters, Barbora and Slávka, and our story of Sestrice started in 2013 when we both became mothers. We soon discovered the beauty of babywearing and mutual contact with our children. In 2015, we started to offer our wraps as the first Slovak brand producing woven wraps for babywearing. We built our company on original designs, first-class materials and

a family approach to customers. Our portfolio offers wraps for everyone. The basic universal all-cotton pieces, soft merino wool, luxury silk, cooling linen, bamboo, hemp and others. All yarns come from European yarn producers with years of experience and are certified for children up to three years old. Happy babies and their content parents keep us going and motivate us to work further.

In 2018 our Sestrice family welcomed ergonomic carriers that we have been working on for a long time. Ever since their first release they have become very popular amongst parents thanks to their easy use, sophisticated details and super comfort they offer. Thus production of a carrier suitable from birth was only a matter of time. Once again we put a lot of effort and skills into its whole development, testing the right cut, materials and filling to bring you a carrier that combines the comfort and flexibility of a wrap with the practicality of a carrier. Our carriers are made of our own fabric; we are also using high quality European components. The carriers are sewn locally in a professional workshop that handles even the

most demanding tasks, thus we can offer you a product of the highest quality.

Thank you for supporting Slovak producers. We wish you lovely and comfortable babywearing! In case of any questions, contact us at hello@sestrice.com or on our Facebook page - we will be happy to help and advise you.

Slávka and Barbora

www.sestrice.com
www.facebook.com/sestricewraps
www.instagram.com/sestrice_wraps

