

sestrice[®]
CARRIER

Instructions Booklet



Dear parents,

Thank you for choosing the ergonomic Sestrice Carrier. 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 (Sestrice Carrier Plus) is made according to the 2017 model certified according to the standard EN 13209-2: 2015. The author of the first prototypes is Mirkine.



Sestrice Carrier

The Sestrice Carrier is suitable for children from 3 months of age. The Carrier is certified for a maximum weight of a child 20 kg. The minimum width of the body of the carrier between legs of a child is 23cm, the maximum width is 41cm. The height of the body of the carrier is adjustable from 30 to 44cm.

Sestrice Carrier Plus

The Sestrice Carrier Plus is suitable for children approximately from 1 year. The Carrier is certified for a maximum weight of 20 kg. The minimum width of the body of the carrier between legs of a child is 35cm, the maximum width is 47cm. The height of the body of the carrier is adjustable from 34 to 50cm.



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 (or you can use a pillowcase).

If ironing, avoid places with fillings and 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!

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: shoulder strap
- G: tightening the shoulder strap at the upper part of the back panel
- H: tightening the shoulder strap under arm
- I: a hood
- J: hook for the hood fastening
- K: chest buckle
- L: rails for moving the chest buckle
- M: 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 straps 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. Put the waist belt around your waist and close the buckle. Always pass the buckle and the spare part of the strap 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.





3. 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 tight yet comfortable.



4. Get your baby and hold them facing towards you, surrounding you with legs. If your child does not hold their head securely, always secure it with your hand. Their bum is situated at the level of the waist belt – before the waist belt (not sitting on top of it).



5. Securing your child with one hand, use the other to bring the back panel of the carrier up over the back of the child.

6. Put one arm through the shoulder strap, while always securing your child with the other.





7. Change your hands – the one already in shoulder strap should now secure the back of the child and the other free hand goes through the second shoulder strap.

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.



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



10. Lift your child a little and tighten the shoulder straps under your arms to get your baby close to your body. This will also move the chest buckle lower on your back.





11. If the seat of the child is too deep (the back panel of the carrier seems too short, the child covers the waist belt way too much, the lower part of shoulder straps presses on the thighs of the child too much), grab the back panel of the carrier near the face of your child where shoulder straps are sewed on and pull up while bouncing a little. This will make the child to better fit in the carrier and their seating position will be corrected.



12. If you still need to get your child closer to you, pull the shoulder straps on top of the back panel of the carrier up.



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

14. In case of the child falling asleep, secure their head with the hood. When carrying children who do not hold their head properly themselves, always secure their head with the hood.





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

16. 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.

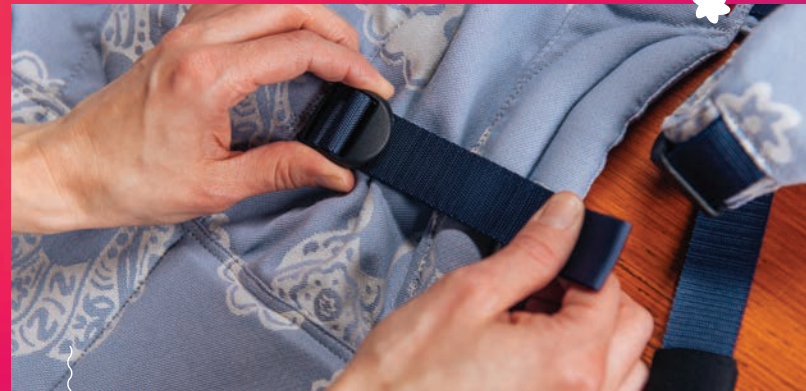
3. Put your child on a safe place.

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 straps 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 of the strap through the safety elastic. When the buckle is correctly closed you will hear it click.



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).





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.



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8. When the child is on your back, still keep your leaning position and secure the child with one hand. The other free hand goes through the shoulder strap.



9. Change your hands and put the second one through the shoulder strap.



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10. 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.

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



12. Tighten the shoulder straps under your arms so your child feels securely close to your body.

13. Move the waist belt higher below your breasts and tighten it. This will get the child high enough on your back. You can now stand up straight.





14. In case of the child falling asleep, secure their head with the hood.

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



16. 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 CHILD OUT OF THE CARRIER



1. Unfasten the chest buckle.

2. Gently loosen the shoulder straps and waist belt (do not unfasten it!).





3. Lean forward, take your arms out of the shoulder straps one after the other, while always securing your child with one hand.

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. Put your child on a safe place.

6. 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.



The most common babywearing mistakes in a carrier and how to fix them

Babywearing should be comfortable not only for the child but also for the parent. When developing the carrier we took great care about every detail. If you feel uncomfortable during babywearing, check out our overview of the most common babywearing mistakes in a carrier and how to fix them. For more detailed manual how to fix the babywearing mistakes, watch our video on our website www.sestrice.com.

1. The chest buckle is too high and close to your neck and makes babywearing uncomfortable. Correct the shoulder straps so the chest buckle is situated in the middle of your shoulder blades.



2. Shoulder straps are too far from each other. The child's weight is all on your shoulders. Loosen the shoulder straps and tighten the chest buckle strap.



3. The child sits too deep and covers too much of the waist belt. Their centre of gravity is too low, which can make babywearing very uncomfortable. Lift the back panel of the carrier higher, so the child will better fit in, and then tighten the shoulder straps.



4. The child doesn't sit deep enough, sits on the waist belt deforming it. The waist belt is too low. Lift up the child with the carrier higher and tighten the waist belt on your waist. Put your hands in the carrier and place the bum of your child in the back panel so that they cover a part of the waist belt with their bum – now the



seating position is correct. If necessary, tighten the shoulder straps and fix the child in this position.



5. Shoulder straps are hard to tighten. Pull the shoulder straps in the direction they are tailored.

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 himself. 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).

What to do with the carrier when not babywearing

During the time when your child is not placed in the carrier but you still need it to be available and ready to use, roll it up together with the shoulder straps towards your body and tuck it in the slightly loosened waist belt. This way it won't be in your way and will be readily available to use.





Our story

We are two sisters, Barbora and Slávka, and our story of Sestrice started in 2013 when we both became first time 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.

We love to keep moving forward, thus we spent almost two years developing a carrier that meets all our criteria for high quality and comfortable adjustable ergonomic carrier. We used all our experience with development of our wraps as well as our babywearing knowledge. The whole production of carriers takes place in local and fair conditions with European components of the highest quality. The quality of the product is of our highest priority, thus the carriers are sewn in a professional tailor workshop that is able to manage even the most demanding operations. This all leads to a carrier of the highest qualities we are proud to present to you.

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 a Barbora

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

