



Rooted Baby Carrier

Benefits of using The Rooted Baby Carrier:

- **One size fits all.**

We believe that a sling should be able to adjust to any size. Post-pregnancy, your body is constantly changing shape, gradually going back to your original size, or becoming pregnant again possibly while still carrying your older child in the carrier. Our carrier is designed to fit all sizes. You can adjust the size to make your baby, or child more comfortable. Your partner, family member or friends, whatever their size can also use the same carrier.

- **Ergonomic Design.**

We've designed the Rooted Baby Carrier so that weight is dispersed evenly over the area where muscular force is exerted. Carrying our children can cause muscular strain and even permanent injuries. Our two piece design focuses on supporting human capabilities and restrictions to enable you to carry your child with as little strain as possible.

- **Childs leg position is correct to avoid hip dysplasia.**

Our sling has been designed to keep your child's legs spread apart at at least a 90 degree angle and are supported firmly to their knees. This position is the only recommended position for a child to be in an infant carrier. Having the legs higher than the child's bottom is a more natural position than suspending baby by the crotch. This is also better for your child's spine.

- **Firm Hold.**

Material is not too stretchy so an extra sash is not needed. Baby won't shift around as with stretchy carriers making you feel much more secure.

- **Discreet Nursing.**

Enough material to comfortably and discreetly nurse in the cradle hold position.

- **100% Breathable natural cotton.**

Also available in Organic.

- **Calms infant and child.**

Fosters kangaroo care and bonding.

- **Easy to adjust and take off.**

Just place the buckle against your lower to mid back. To adjust the size or take off the carrier, just reach back and unfasten the buckle, or adjust the strap without your baby noticing a thing.

Using the Rooted Carrier:

When carrying your child in a carrier always make sure to adjust the sling so that your child is not squished, or having trouble taking a breath. Always be aware by checking on your child frequently.

Look for the Rooted label on the sling, have this on the upper part of your body closest to your chin. This is where the sling opens. Keep the buckle positioned on your low-mid back for easy accessibility

Cradle Hold.

Use from birth up until child has grown too long to fit properly. Great for nursing!

Place the first sling piece, over one shoulder, on the side you would like your baby's head to be on. Make sure the Rooted label is positioned closest to your chin. Place the buckle on your low-mid back for easy accessibility. Smooth the fabric over your shoulder to evenly distribute baby's weight. While holding baby with your forearm and your hand supporting baby's neck, open the sling with your other hand to make a pouch, place baby, bottom first into the sling, with the head as close to your shoulder as possible. Pull fabric around baby but not covering baby's face, if baby is too cramped or sling is too slack, adjust the sling with one hand while supporting your baby with the other. Tuck in any extra fabric around your shoulder if you choose. Once comfortable, place your other sling, over the other shoulder, label up, adjust fabric to fit snugly under baby's bottom (you do not need to open this sling up to make a pouch). Adjust to make it looser or tighter. Tuck in any extra fabric again, or use extra to cover up while nursing. You should be able to move around with both hands free. Fabric should be evenly distributed over each shoulder.

Upright Facing In.

About 9 pounds- Toddler

Great for babies who prefer being upright but are still too young to face out. Great to use for an older child needing a nap.

Check that the sling pieces aren't twisted, and are neatly folded in half. Put the first piece over one shoulder, label facing up, closest to your chin, and the second piece over the other shoulder, label up.

Evenly distribute over each shoulder, buckles placed on your lower-mid back.

Once the slings are on correctly, lay your baby on your shoulder while pulling the fabric out and away from your body to make an X shape, direct baby's legs through the lower part of the X so that all the fabric at the base of the X is between your child's legs, while putting baby's arms inside the upper part of the X, so the upper fabric is over your child's shoulders. Smooth the fabric around your child's bottom, of first the sling underneath, and then the sling over top by making sure the fabric is even around your child's bottom and covering their back and shoulders with their arms coming out of the upper sides, or tucked gently in. If your baby doesn't yet have good neck control or is sleeping, place one sling over the back of your baby's head for support.

When bending over, keep one hand on your child's upper back and head. Otherwise your arms should be free to move around.

Upright Facing Out

From about 4 months

Great for a curious child who wants to look around, socialize and see the world. Must have good neck support.

Follow directions for the Upright Facing In position to put the carrier on. Hold your child on one arm facing out before positioning inside the X. Keep arms inside the upper part of the X. Smooth fabric around child to fit comfortably. If you're bending over, keep one hand on your child's stomach.

Otherwise arms should be free to move around.

Hip Position

About 6 months- toddler.

For use when baby can sit up unassisted. Great for toddlers.

Place one sling over the shoulder of the side you would like your child to be on. Make sure buckle is placed on your lower to mid back. Either lay child on your shoulder while positioning into the sling, or pull the sling over your standing child. Place child's legs around your hips while smoothing the sling between their legs and around their bottom and back until they feel supported. Adjust to loosen, or to tighten. In this position the carrier piece remains folded in half, and only one of the carrier pieces is needed.

When wearing your child in this position, always keep your arm around their back for extra support.

- For twins, put other child on your other hip after your first child is secure. Support by putting both arms around children's backs.

We at Rooted Birth, have designed this carrier to be safe for you and your child if used correctly and with the understanding that you check on your child regularly. We recommended keeping a hand placed on your child at all times, and listen for signs of them becoming uncomfortable, strained or laboured. The responsibility is on the user to make sure the child is unharmed.