



# Carrying Techniques



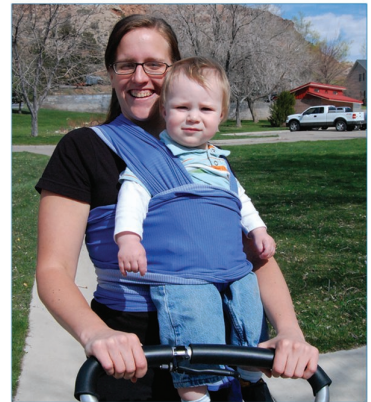
# Baby A-Go-Go Carrying Techniques

Congratulations on your purchase of the Baby A-Go-Go athletic baby wrap. Please use these techniques to maximize your time with your baby while maintaining your active lifestyle. Baby A-Go-Go uses Dryfit technology to create the lightest baby wearing wrap on the market, wicking away sweat and moisture, leaving you comfortable and dry.

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## Dryline Technology

Dryline is a high performance fabric that wicks moisture away from your skin to keep you dry and comfortable. It is lightweight, durable and abrasion resistant so it won't lose its shape.



The Dryline fabric has been embedded with silver ions that prevent the growth of bacteria. If there is no bacteria, there is no odor.

## Wrapping your Baby

Because everyone, including your baby, is different, there are a variety of ways to carry your baby with your Baby A-Go-Go. Here is a guideline for which holds to use at what age. The best gauge for the best hold is going to be your baby. Through your baby you will know whether or not they are comfortable and if the hold works. Be sensitive to the baby's needs and yours. Baby A-Go-Go is comfortable when tied properly; it may take a few holds before you get the holds you are both happy with.

### 0-3 months or no head control

- Hammock Hold

### 3-4 months or stretching legs but not sitting

- Hug Hold

### 5-6 months or good head control and sitting up

- Forward Hold

Each child develops differently. Be aware of your child's developmental milestones when introducing new holds.

When carrying your baby keep him/her comfortable and secure in your Baby A-Go-Go, as you would if you were holding them. It should feel natural for you both.



## Carrying your Baby Safely

Until you feel comfortable, use assistance in wrapping your Baby A-Go-Go and carrying your baby.

- Carry your baby above your hips.
- Secure your baby at the shoulders with the fabric.
- Bend your baby's knees when placing them into a carry.
- Keep your baby's chin from resting against their chest.
- Make sure your baby is breathing normally.
- Be mindful of your baby's temperature. Remove them if they get too hot, too cold or clammy.
- Keep the fabric from covering your baby's face.
- Carrying your baby may affect your balance; adjust accordingly.
- Take precautions when bending over, baby could fall out. Bend your knees instead.
- Not to be used in rigorous sporting activity.
- Do not leave your unattended baby wrapped in your Baby A-Go-Go.
- Use common sense when using your Baby A-Go-Go.

### Warning

Ensure your baby is breathing regularly at all times. Keep their airway unobstructed, especially after eating and sleeping. Positional Asphyxia (suffocation) may occur if your baby's chin is





## The Lead Wrap



1. Hold the center of your Baby A-Go-Go at your abdomen. The higher it is, the tighter it will be. The lower, the looser. Do not compensate for the size of your baby. Baby A-Go-Go is designed to stretch to your child.



2. Bring both ends around to your back pulling one end over the opposite shoulder. Spread the fabric out to distribute the weight of your baby and make the hold more comfortable.



3. Pull the other end over the other shoulder, creating an "X" on your back.



4. The ends, over your shoulders, should be pulled behind the center of your Baby A-Go-Go.



5. Cross the ends under the center and make another "X" across your chest.



6. Wrap the ends behind your back to tie off. If there is more fabric, keep wrapping and tie at your front.

## Hammock Hold



1. Create a pocket with fabric closest to your chest



2. Carefully place your baby's bottom into this pocket, keeping fabric between you and your baby. Spread the fabric around your baby, holding your baby with your other arm.



3. Place your baby's legs into the opposite pocket.



4. Spread the fabric up and around your baby's body.



5. Pull the center piece of fabric up and over your baby.



## Hug Hold



1. Hold your baby on the shoulder opposite the section of fabric closest to your body.



2. Lower your baby's leg through that section and pull the fabric up around his/her body and over the shoulder.



3. Lift your baby's knee and place it through the opposite section of fabric and pull it up over your baby's body and over the shoulder.



4. Pull the center fabric up over your baby's body.



5. Tuck your baby's head under one of the shoulder pieces for extra support.

## Forward Hold



1. Holding your baby facing away from you, use your other arm to guide your baby's leg through the section of fabric that is closest to your body.



2. Spread the fabric up and around your baby's body and over his/her shoulder.



3. Guide your baby's other leg through the opposite piece of fabric and spread it up and over his/her body and shoulders.



4. Pull the center section up over your baby's body



## Removing your Baby



1. Lower the center section below your baby's bottom.



2 Open and pull down the shoulder sections carefully, supporting your baby with your opposite hand while you do this. Newborns will need extra head support.



3. Lift your baby straight up and out of your Baby A-Go-Go

## Exercising

Your Baby A-Go-Go is made with Dryline fabric so you can perform mild exercises more comfortably returning you to your natural figure more quickly after the birth and helping you and your baby stay healthy. Baby A-Go-Go distributes your baby's weight evenly throughout your body giving you a functional resistance.

One of the downfalls to wearing your baby is the effect it can have on your posture. While you are wearing your baby keep your posture in mind, especially while you exercise. Regularly contract your shoulders blades while wearing your Baby A Go-Go to stretch your chest muscles and strengthen your upper back. Keep your neck and shoulders relaxed.

While running and even power walking are not appropriate Baby A-Go-Go activities, there is nothing better for bonding and your health than a walk. Baby A-Go-Go's light weight material makes it perfectly comfortable to wear out on a walk. Your baby's weight will only make the walk more effective

Please be sure to provide enough head and neck support to your newborn as you wear them until they develop adequate control.

**\*Before you begin exercising consult your doctor or midwife.**

## Plie Squats

1. Begin in a wide stance with toes out at a comfortable angle. Your knees will need to stay aligned with your toes, so you don't go out too far.
2. Bend at the knees and lower down into a squat, keeping knees in line with toes, your abs flexed and your back straight.
3. Only go down as low as you can without compromising your flexibility or your balance.
4. Push back to starting position without locking the knees.

Repeat for 1-3 sets of 12-16 repetitions with a 20-30 second rest between sets.

To add variety hold in the lowered position and lightly bounce.





## Lunges

1. Stand with right foot forward, left foot back about 3 feet apart.
2. Hold weights in each hand if desired and bend the knees to lower the body towards the floor. Keep the front knee behind the toes and be sure to lower straight down rather than forward.
3. Keep the torso straight and abs in as you push through the front heel and back to starting position.
4. Don't lock the knees at the top of the movement.

Perform 1-3 sets of 8-16 reps.



## Wall Sits



1. Stand with your back to the wall (about 2 feet in front of it) and lean against it.

2. Slide down until your knees are at about 90-degree angles and hold, keeping the abs contracted, for 20-60 seconds.

3. Come back to start and repeat, holding the squat at different angles to work the lower body in different ways.



Practicing the deep breathing, positions and meditation that yoga offers will help connect your mind, body and spirit. These are just some of the poses that can be done with Baby A-Go-Go. Once you have mastered these continue on with more challenging position, according to your skill level and safety of your baby. Remember to stay relaxed and breath deep.

### Mountain Pose

1. Come to stand with your big toes touching.
2. Lift up all your toes and let them fan out, then drop them down creating a wide solid base. You can separate your heels slightly if your ankles are knocking together uncomfortably.
3. Bring your weight evenly onto all four corners of both feet.
4. Let your feet and calves root down into the floor.
5. Engage your quadriceps and draw them upward, causing your knee caps to rise.
6. Rotate both thighs inward, creating a widening of your sit bones and tuck your tailbone in between your sit bones.
7. Tone your belly, drawing it in slightly.
8. Widen the collar bones and make sure your shoulders are parallel to the pelvis.
9. Keep your neck long, let the crown of the head rise toward the ceiling, and your shoulder blades slide down your back.



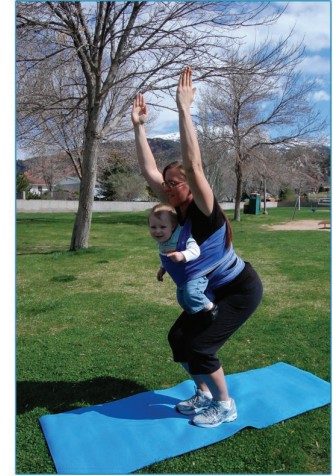
## Sun Salutations



1. Stand in Mountain Pose.



2. (Inhale) Move arms over head.



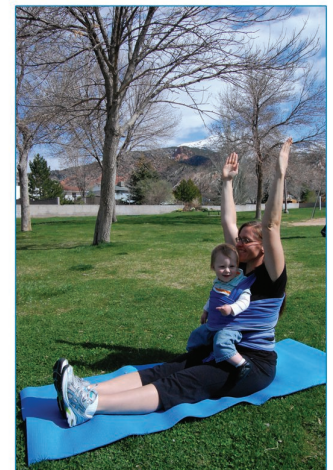
3. (Exhale) Bend knees into Chair Pose.

4. Breathe steadily for 3-5 breaths.

5. (Exhale) Arms down straighten legs, moving back in Mountain Pose.

## Staff Pose

1. Sit with your legs outstretched straight in front.
2. Engage your thigh muscles and flex your feet. Your heels may come up off the floor.
3. Make your spine long.
4. Stack your shoulders directly on top of the hips.
5. Hold for 3-5 breaths.





# Yoga.

## Lotus Pose



1. From Staff Pose, bend your right knee and bring your right ankle to your left hip crease with the sole of your right foot facing upwards.
2. Settle your foot into the hip crease.
3. Bend your left knee and cross your left ankle over to your right hip crease with the sole of your left foot facing upwards.
4. Repeat, with your left foot on the bottom and your right foot on top.
5. Hold for 5-10 breaths.



## Baby A-Go-Go Attention and Care

When wrapping your Baby A-Go-Go do not compensate for the space your baby will take, firmly wrap your Baby A-Go-Go. The fabric will stretch to meet the needs of you and your baby.

Machine wash on gentle or hand-wash your Baby-A-Go-Go and hang to dry. Do not place Baby-A-Go-Go in the dryer, it will compromise the integrity of the fabric.

Baby-A-Go-Go is lightweight, durable and abrasion resistant. Baby A-Go-Go will not lose its shape.

For more information visit us on the web at [www.babya-go-go.com](http://www.babya-go-go.com) or email us at [info@babya-go-go.com](mailto:info@babya-go-go.com)

