

Important! Keep this
user's manual for
future reference.



User's manual

TRICOT · SLEN[®]

NATURAL COMFORT FOR YOUR BABY

For babies from 2,5 up to 18 kg



More and more people are discovering that 'carrying babies' is highly beneficial. Scientific research demonstrates that frequent skin contact is one of the most important stimuli for a baby to ensure healthy physical, intellectual and social development.

See www.babytonia.be for more information on this topic.

TRICOT · SLEN®

Welcome to the growing group of people who enthusiastically carry their babies in a Tricot-slen®.



1. natural foetal position
from baby's first days



2. straight-up,
with legs tucked in
from baby's first days



3. sitting upright,
facing you
from approximately
2 to 3 months



4. sitting upright,
facing out
from approximately
4 months

The Tricot-slen® is a wrap-around baby sling made of 100% knitted cotton. It is easy to put on and allows you to carry your baby in many different ways. In this user's manual we show you six possibilities, but there are many more options. Once you have gained some experience in using the Tricot-slen®, you will probably discover your own favourite ways to carry your baby.



5. on your hip
from approximately
5 months



6. on your back
from approximately
3 months

Whether you carry your baby a lot or only occasionally, you have made an excellent choice by choosing the Tricot-slen®. But why is the Tricot-slen® a better alternative to most conventional baby carriers?

1. With the Tricot-slen®, you can carry your baby in many different ways. With the Tricot-slen®, you always offer your baby aged 0 - 2 years old the most ergonomic position.

2. In the upright position, you can pull the Tricot-slen® right down over the baby's thighs, as far as her knees. By doing this, you provide your baby with a 'broad base' which ensures that her back is not burdened and that she is lying completely relaxed against you. When a baby only has a narrow point of support, as is the case with most conventional baby carriers, she hangs straight down and basically has to carry her own weight.

3. With the Tricot-slen®, your baby's weight is divided optimally over your upper body;

allowing you to carry your baby for hours, effortlessly. There is no daily time limit to how long you can carry your baby in the Tricot-slen®. It is entirely up to you. The weight of your baby is evenly distributed so that your posture does not have to compensate for carrying your baby.

4. The Tricot-slen® does not have any buttons, buckles or other fastening devices that might hurt or dig into your baby or rub and chaff your own shoulders.

5. The Tricot-slen® allows you to breast-feed discretely.

6. The Tricot-slen® takes up so little space that you can always take it with you. When not being used to carry, the Tricot-slen® can be used as a blanket for your baby. Being cotton, it will pick up your scent providing a natural comfort for your baby.

7. The Tricot-slen® is suitable for all climates - 100% cotton.

For almost all carrying methods described in this manual, you begin in the same way:

GENERAL



Take the middle of the Tricot-slen® (the Tricot-slen® label identifies the middle) and hold it in front of your belly. Tall people should begin slightly higher up with the middle band than shown here.



Fold the two ends backwards and



cross them over your shoulder, back to the front.



Tuck the two ends under the bellyband and cross them.



Bring the ends to the back and wrap them back to the front.



Depending on how tall you are you then tie a double knot, either at the back or at the front.

When you use the Tricot-slen® for the first time, you may feel a little awkward or unsure. Pick the right moment to use the Tricot-slen®; those times when your baby is calm for instance, such as after a feed. Or try it with a doll or teddy bear first. Once you have practised a few times, you will notice that the Tricot-slen® really is the perfect way to comfort restless babies.

Put on the Tricot-slen® tightly, rather than loosely!

The ages indicated for transition to the different carrying positions are guidelines.

Some babies are quite happy to be in the foetal carrying position for sleeping but when awake want to see what is happening in the big wide world.

Try to put the Tricot-slen® on as comfortably as possible by avoiding any twisting of the bands. By doing so, you will make the most of the unique carrying comfort the Tricot-slen® has to offer.

- Beware not to lose your balance when your baby moves.
- Always support your baby when bending forward or squatting down to reach the floor.
- Do not use the Tricot-slen® during sports.
- Make sure that your baby is not over-dressed. After all, the Tricot-slen® will provide a layer of warmth in addition to the bodyheat you both produce. When out & about, you can just put your coat over yourself and the baby.



For an ideal division of weight, the cross on your back has to be as low as possible. Always pull the cross down on your back and repeat this from time to time when you carry your baby.



Spread the fabric broadly over your shoulders. Ensure that the bands are not gathered up against your neck.



Make sure that the two bands of the Tricot-slen®, are nicely spread out right into the back of your baby's knees. Check this from time to time. By doing this, you provide your baby with a so-called 'broad base', which ensures that her back is not burdened at all and that she is lying completely relaxed against you. When a baby only has a narrow point of support, she hangs straight down and basically has to carry her own weight.



If you think that the short or long ends hang in the way, you can always tuck them under the bellyband.

From birth

FOETAL POSITION

Put on the Tricot-slen® following the general description (pages 4 - 5).



1

Lower the outer cross band from your shoulder.



2

Pull the inner cross band loose, at the height of your hip.



3

Fold the inner cross band slightly double, forming a 'pocket' where your baby will be placed in.



4

Take your baby in your arm as shown in the picture and keep your arm high against your body, hold your arm sufficiently to the right, making sure that your baby lies against your heart with its head.



5

Feel for the outer rim of the nest with your free hand and pull the fabric over your baby.



6

First the back, and then the legs.

Note: Instinctively, you will probably place your baby's head next to your heart, but you can obviously also choose the right side. The cross band in which your baby lies has to be the closest to your body. If you do choose the other side, cross the ends the other way around while putting on the Tricot-slen® (see step 4 of the general description).

**TAKING
OUT**



7

Support your baby's head with your free hand and pull the fabric over her head.



8

Pull your arm through the band you have lowered and spread the fabric over your shoulders and over baby's back and legs.



9

Take your baby's arm that is against your body and while gently tilting your baby towards you, place her arm slightly lower, next to baby's body.



10

Now take the bellyband and



11

pull it upwards over your baby.



To take your baby out of the Tricot-slen®, you don't need to follow all these steps in reverse, but simply open the bands and lift your baby out of the Tricot-slen®.

From birth

2. UPRIGHT

Newborn babies are still too small to be carried upright with their legs dangling. However, they do get enough support when you carry them in their natural posture, with legs tucked in. Some babies prefer this to the foetal position. And that is especially the case for babies troubled by colic.



1

Take the middle of the Tricot-slen® and hold it in front of your belly.



2

Fold the two ends back-wards and



3

cross them over your shoulder, back to the front.



4

Form a little pocket in the bellyband.



5

Slide your baby into the pocket.

Note: If it feels a bit awkward at first to wrap the Tricot-slen® around your baby while holding her, why not 'practise' this while sitting down? You will see that things will go smoothly in no time and that you will no longer need a chair.

WITH LEGS TUCKED IN



6

Pull up the bellyband, supporting the neck of your baby.



7

Cross one of the ends lengthwise.



8

Cross the other end towards the other side.



9

Bring the two ends to the back, and then back to the front.



10

Depending on how tall you are, tie a double knot, either at the back or at the front.

TAKING
OUT



To take your baby out of the Tricot-slen®, you don't need to follow all these steps in reverse, but simply open the bands and lift your baby out of the Tricot-slen®.

From approximately 2 to 3 months

3. SITTING UPRIGHT



1

Put on the Tricot-slen® following the general description (pages 4 - 5).



2

Put your baby high against your right shoulder and pull the left cross band over baby's right leg. Obviously, you can also begin with your left shoulder.



3

Hold your baby fairly high up, bring her to your left shoulder and pull the right cross band over baby's left leg.



4

Spread the two cross band down in the back of baby's knees - first the cross band closest to her bottom.



5

Then spread the other (top) cross band over that, covering from back to knee to back to knee.



6

Feel for the bellyband and take hold of the entire bellyband.

Note: Check from time to time to make sure that the two bands still cover the back of the knees (see page 5).

BABY FACING YOU



7

At hip-height, pull the bellyband over baby's legs. Lift your baby a bit whilst doing this.



8

Then pull the bellyband at your other hip over the other leg.



9

Make sure that the two legs are tucked under the bellyband.



10

Now pull up the bellyband.

TAKING
OUT



To take your baby out of the Tricot-slen®, you don't need to follow all these steps in reverse, but simply open the bands and lift your baby out of the Tricot-slen®.

When your baby falls asleep, you can support her head as shown in the picture. If the baby turns her face to the other side, you simply support her head with the other cross band.

As you can see in this picture, younger babies will probably cuddle up with their arms in the Tricot-slen®, especially when they fall asleep.

From approximately 4 months

4. SITTING UPRIGHT



1

Put on the Tricot-slen® following the general description (pages 4 - 5).



2

Let your baby slide into both the cross band and the bellyband.



3

Hold your baby fairly high against your left shoulder and tuck her leg through the right cross band and the bellyband.



4

Now bring your baby to your right shoulder and pull the left cross band and the bellyband over the left leg.

Note: Obviously, you can also begin with your right shoulder.

BABY FACING OUT



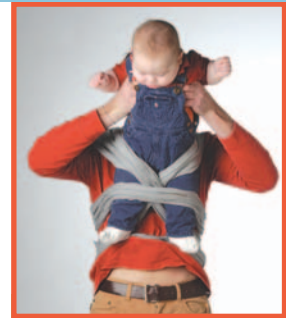
First spread out the cross band closest to your baby - in this case the left band.



Then also spread out the other cross band and pull up the bellyband.

Note: You quite often see people carrying their baby in this way at a younger age. Technically speaking, this is possible, but ergonomically, this position is not that ideal (after all, your baby 'is hanging', see before). The back of an 'older' baby who can almost sit alone is strong enough to carry their weight. Another reason for recommending the very ergonomic spread position for younger babies (baby facing you) is that babies easily fall asleep in this position. When they are tired or when things become a bit too much, they simply tune out. When you carry your baby facing the world, she is obliged to absorb everything she sees and falling asleep is not as easy.

TAKING
OUT



To take your baby out of the Tricot-slen®, you don't need to follow all these steps in reverse, but simply open the bands and lift your baby out of the Tricot-slen®.

From approximately 5 months

5. ON YOUR HIP



Put on the Tricot-slen® following the general description (pages 4 - 5).



Hold your baby high against your right shoulder and pull the left cross band over her right leg.



Keep your baby fairly high and bring her to your left shoulder; now pull the right cross band over her left leg.



First spread out the cross band closest to her bottom.



Shift your baby to your left or right hip by moving her bottom with one hand and the band with your other hand, towards your hip.



6

Now spread out the other cross band, right down into the back of baby's knees.



7

Feel for the bellyband and pull it over the two legs.



8

Pull up the bellyband.



In the previous picture, Emile is tucked in cosily with his arms in the Tricot-slen®, but it is no problem when your baby takes her arms out of the Tricot-slen®.

Note: You can use this position sooner if you like, but you will need to give your baby some extra support with your arm. When your baby can almost sit by herself, she will no longer need this support and this 'balancing' will stimulate her motor development.

*Note: In picture 6, Emile has tucked his arms **IN** the Tricot-slen®. It is equally safe if he has his arms out of the Tricot-slen®.*

Do take account of the fact that you need more room whilst carrying your baby on your back. So, be careful with doorways, small spaces, etc.

From approximately 3 months

6A. ON YOUR BACK - WITH HELP



1

Hold the middle of the Tricot-slen® **not in front of you**, but **behind** you. Continue with the general description, as before.



2

Take one of the two cross bands and take hold of the middle band.



3

Take your baby and let one leg slide through a cross band and the middle band.



4

Then take the other leg and let it slide through the other cross band and the middle band.



5

Spread out the two cross bands - begin with the band closest to your baby.



6

Now pull up the middle band.

To take your baby **out** of the Tricot-slen®, simply open the band and lift her out of the Tricot-slen®.

From approximately 3 months

6B. ON YOUR BACK - WITHOUT HELP



Lay the Tricot-slen® on a suitable surface (for example a bed or changing unit) and put your baby on the middle of the Tricot-slen® with her shoulders placed at the height of the top edge.



Pull the lower band between her legs.



Sit or stand in front of your baby and take the two ends with a single hand, whilst supporting baby's neck with the other hand.



Slide your baby high on to your back. Use one hand to support her bottom and firmly pull on the two ends on the front with your other hand. Keep bending forwards.



Tie a single knot at the height of your chest (women: under your chest).



Fold one end over your shoulder to the back and

Continued on
page 18-19



7

cross this over the back of your baby. Spread out the Tricot-slen® over her back and bring the end under her leg towards the front.



8

At the front, you lock this end between your knees. Fold the other end over your other shoulder to the back.



9

Now, also spread this end out over the back of your baby. Make sure that the fabric is well spread over her back and bring the end under her leg towards the front.



10

Take hold of the two ends and tug them firmly. You can now stand up straight.



11

Wrap the two ends around your waist to the back and



12

tie a double knot.

TAKING
OUT



To take your baby out, loosen the bands up to the knot around your waist. Continue to support your baby with one hand.



Slightly loosen the knot



to create enough room to bring your baby under your arm towards your hip.



Now lift your baby out of the band.

TAKING
OUT

Alternative:



You can also take off the Tricot-slen® the same way as you have put it on, i.e. by slightly bending backwards and,



whilst supporting your baby with one hand, gently loosening the Tricot-slen® with your other hand.



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For international distributor contacts, check www.babylonia.be

To obtain a user's manual in a different language, go to
www.babylonia.be

Remarks and suggestions can be forwarded to info@babylonia.be

The Tricot-slen® is a registered Trade Mark.
Conform to prEN 13209-2, Oct. 2003.

Washing instructions:
30°C, do not tumble dry.
After washing, pull into shape
while still wet.

