

How to Use the Baby Wrap FollowCore

To use the Baby Wrap, this is a very simple, step by step procedure that you could follow to ensure that you are not just using the FollowCare Baby Wrap, but that you are using it the right way also. This is of utmost importance because, at the end of the day, this is what is supposed to help keep your baby safe and make sure that no untoward accidents that could put your baby's health at risk, occurs. Tying up the FollowCare Baby Wrap right is also very important from your perspective also. This is because you too, the person carrying the baby in the wrap, are being wrapped up in the Baby Wrap material. What technically happens at this point is that you are taking the weight of the baby on your back, different parts of your back such as right under the shoulder blades and the small of your back. For this reason, in particular, it is very important to tie the Baby Wrap properly so that even you feel comfortable while (technically) 'wrapped up' in the Baby Wrap and carrying the baby around in it. Here is how to use it:

Step 1



Unfold the wrap and hold it up to locate the FollowCore logo printed in the center of the wrap. Now place the wrap in such a way that the FollowCore logo is right in the center of the body, perpendicular to your navel and chest, and in fact around the navel area. Make sure that this logo is facing outwards.

Step 2



Take the two long 'arms' of the baby wrap hanging on either side and fold them behind your back. This must be done in such a way that the fabric on the right-hand side must be wrapped around your back and come out front from the left-hand side and vice versa.

As these two pieces of the Baby Wrap cross over behind you back, make sure that the cloth does not fold and crease as this will leave unnecessary space in the wrapping up of the Baby Wrap. You can refer to the pictures provided here to see how it is done also.

Step 3



Pull both the outstretched pieces of fabric from behind your back and over your shoulders to the front. This way, you have now crossed the two long lengths of fabric behind your back and over your shoulders so that they are hanging down in front. Throughout this process, constantly make sure that the fabric remains straight and flat and it does not twist as this will cause problems later when you are trying to put your baby inside the baby wrap.

Step 4



Now take both these pieces in one hand. Do not let the fabric bend or crease, instead, maintain the pressure so that the fabric remains straight and flat. Now using your other hand pull the front part of the Baby Wrap forward. The pulling should require some strength, but this is good for it will mean that you are tying up the Baby Wrap the right way... the way it has to be tied so that you and your baby are safe and comfortable. Now, push the two long lengths of the fabric that you had brought forward over your shoulders, push them inside this front part of the Baby Wrap. Maintain the tension in the fabric.

Step 5



Pull the two lengths of fabric out from under the Baby Wrap front area. As you pull them down, make sure the fabric stretches and remains straight. There is no need to twist or cross these two lengths of fabric at this stage. All you need to watch out for is that the fabric does not sag at any point. As you pull these two lengths of fabric out from under the front part of the Baby Wrap and pull on it, the logo will rise from your navel to your chest region. This is the final position in which the Baby Wrap will remain. Adjust the Baby Wrap so that it fits your body snugly. Any corrections to the fittings of the Baby Wrap should be completed at this stage.

Step 6



Now cross these two lengths of fabric as high up on your chest as you can. Make sure that the fabric remains straight and that you are not leaving any extra space whatsoever for the baby. This material does have 5% spandex also and that will eventually help it to stretch when you are putting the baby inside so avoid leaving any extra space at all just now. At this stage, you can cross the two lengths of fabric around your sternum area. Once you have done that, pull the two lengths and then take them around your waist to the back right above your hips.

Step 7



Again, for the last time, cross the fabric, behind your waist this time, and finally tie two double knots to secure the Baby Wrap on your body. If there is a lot of fabric left over so that it is hanging down and trailing behind your back, there is no need for you to run the risk of tripping up over all that extra fabric. There is no hard and fast rule that the wrap has to be tied behind your back only. You can wrap the extra material around your waist and then tie the double knots at your hips, on the side or even in the front.

Step 8



The final step is to pull out the fabric from the front and from a bag, the way it has been shown in the picture here. Fit your baby snugly on top of the cross that we formed in Step 6 of the whole Baby Wrap tying up the process. Make sure that the baby and you are comfortable before you step out of the house or go ahead with whatever else you want to do. Read on to understand how the baby must be placed so that both the child and you are comfortable.