

## Kangaroo Care

Kangaroo Care is the practice of carrying or holding a baby skin to skin with their mother or father's chest.

KangaWraps have been used to research Kangaroo Care for premature babies at birth.

Benefits include:

- improved weight gain
- more successful breastfeeding
- shorter hospital stays
- less crying, more quiet sleep
- better temperature control
- fewer breathing problems
- closer interaction between mother and baby.

## Trade4Life

*'Creating ethical trading opportunities to eradicate poverty'*

KangaWrap has been brought to you by Trade4Life, a not for profit organisation run on fair trade principles. Trade4Life was set up to improve the livelihoods of disadvantaged people in developing countries by creating ethical trading opportunities. Trade engenders a work ethic rather than a dependency culture; it creates pride and dignity and treats people with respect.

By buying this wrap you have supported an individual or family, mainly other mums in the developing world, by creating an employment opportunity. Thank you.



## Important! Keep For Future Reference

### Warnings and Safety Instructions

- Your balance may be adversely affected by your movement and that of your baby
- Take extra care when bending or leaning forward
- The KangaWrap is not suitable for use during sporting activities
- Only wear the wrap in accordance with the directions provided overleaf
- The baby should always be carried in an upright position. **DO NOT** use the KangaWrap (or any other baby carrier) to carry your baby horizontally as this could risk suffocation
- Position your baby so that you can see its face and check its breathing regularly, especially when it is asleep. Do not sleep with your baby in the wrap

designed by GRIFFIN ART www.griffinart.com



KangaWrap  
.co.uk

*Enjoy special closeness  
with your baby*

- Soft organic cotton
- Cool and lightweight
- No difficult straps or buckles
- For infants from birth to 15Kg
- A safe, practical way to carry
- Clear instructions enclosed
- Makes breastfeeding easier
- For Kangaroo Care from birth
- One size fits all

KangaWrap is a fair trade product and was developed in partnership with midwives from Maidstone and Tunbridge Wells NHS Trust and Trade4Life.  
Compliant with EU Standard EN13209-2:2005



## how to wear your KangaWrap...



Place the KangaWrap across your waist with the care label in the centre



Cross over behind your back and bring over your shoulders making an X across your back



Pull both ends of the wrap through the front panel of fabric



Make an X over your front with the ends



Finish by tying the ends behind your back



If the ends are very long bring to the front and tie here

## how to carry your baby in your KangaWrap...

We suggest you sit down to put your baby into the KangaWrap until you are confident

machine wash separately at 30°



The front X forms the 'seat' for baby to sit securely, with each leg either side of the X



Bring your baby onto your front with its head on your chest. Slide baby's leg through one side of the X. Spread the fabric over baby's legs, back and shoulders



Slide baby's other leg through the other side of the X while supporting the upper body. Again spread the fabric over baby's legs, back and shoulder



Your baby is now sitting in the 'seat' formed by the front X



Tuck baby's legs through the front panel of fabric (with the care label)  
Pull the front panel up over baby's back



Make sure your baby is secure before you stand up. You may want to tighten or loosen the original knot for comfort

tumble dry on Low



The front panel can also be brought over baby's feet and legs for extra warmth and protection (optional)