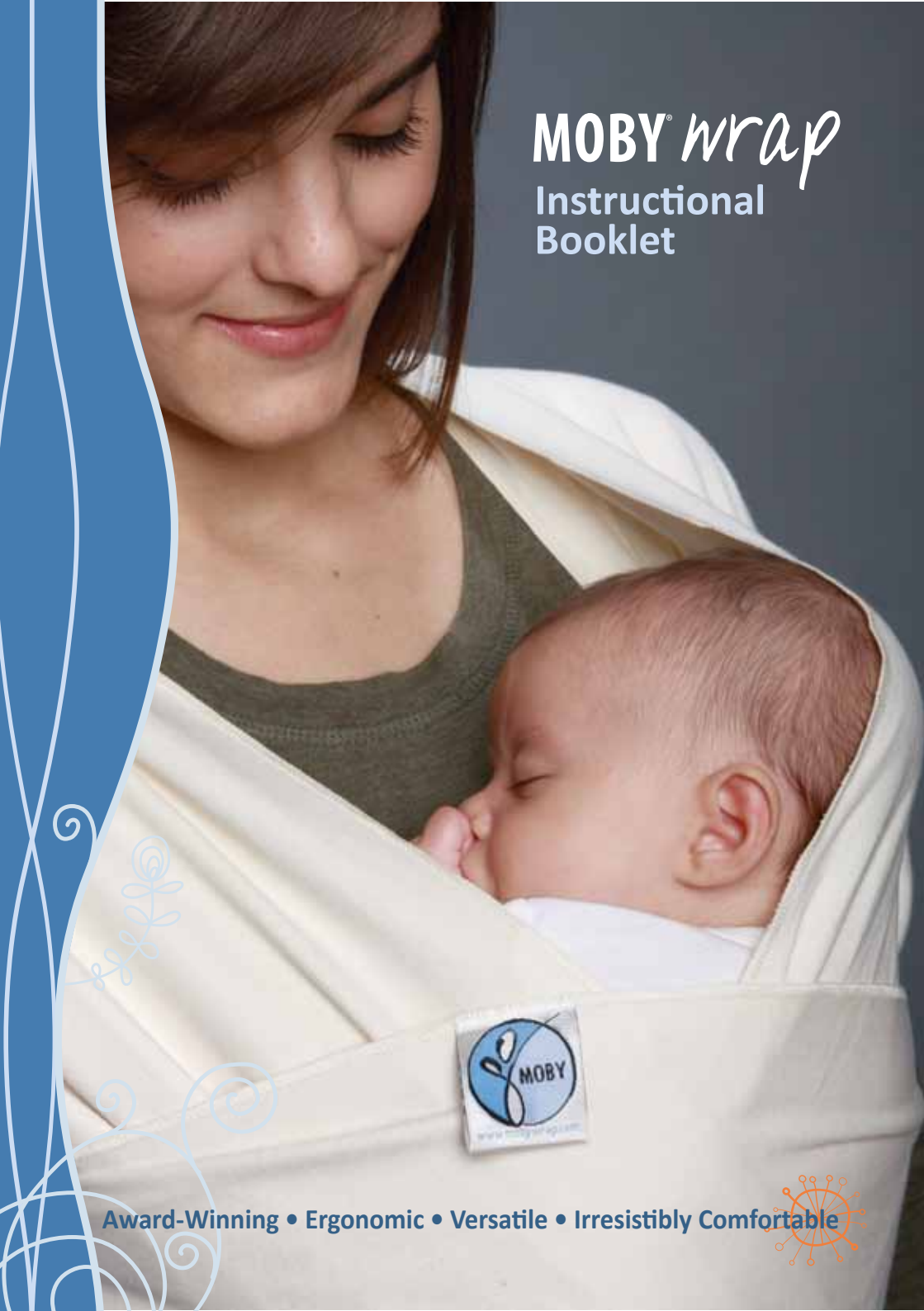
MOBY® wrap

Instructional Booklet



Award-Winning • Ergonomic • Versatile • Irresistibly Comfortable

Getting Started

Thank you for choosing a Moby Wrap! After the birth of my son Nathan, I wanted a baby carrier that would allow him to be with me while I continued my work as a parent educator. I created the Moby Wrap and named it for the feeling of closeness and connection between mother and baby (**MO**ther + ba**BY**). My wish is that your Moby will help you and your baby experience the joys of babywearing.

Sincerely,
Gillian
Co-Founder and President
Moby Wrap Inc.

This instructional booklet is provided as a guide for you to explore the various ways to use your **MOBY®** *wrap*. Babywearing is a time-tested tradition that has been practiced around the world for centuries. **The MOBY® *wrap* brings COMFORT to TRADITION**, so that baby and wearer can enjoy all the benefits of being close for extended periods of time.

After a hold has been introduced, continue to use it as long as baby is comfortable and secure. **Remember each child is an individual and will develop at his or her own rate and have his or her own preferences**.

Carry baby in the **MOBY®** *wrap* the same way that you would in your arms - supported, snug and aligned. **By mimicking the way you naturally carry baby you will find**:

- **Baby's preferred carrying position**
- **A hold that is soothing and calming for baby and wearer**
- **Decreased back strain on the wearer**
- **Baby in a correctly aligned position**

enjoy your **MOBY®** *wrap!*

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MOBY® Safety

FAILURE TO FOLLOW THE MANUFACTURER'S INSTRUCTIONS MAY LEAD TO INJURY OR DEATH
ONLY USE THIS CARRIER FOR BABIES BETWEEN 8 LBS AND 35 LBS

⚠ WARNING—FALL HAZARD

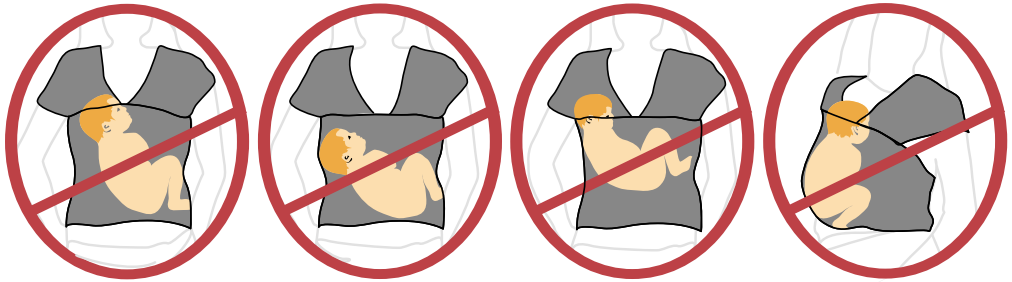
Babies can fall from improper use. Follow the manufacturer's instructions for use.
Leaning, bending over, or tripping can cause baby to fall or become injured.
Exercise caution and always keep one hand on baby while moving.

⚠ WARNING—SUFFOCATION HAZARD

Babies, especially those under four months or with respiratory problems,
can suffocate from improper use. Follow the manufacturer's instructions for use.
Always ensure that baby's airways are unobstructed and baby is breathing properly.
Ensure baby's face is always visible and baby's chin is lifted off baby's chest.

YES

Chin up!
Face visible!
Nose and mouth not covered!



NO Baby's face is covered

NO Baby is too low

NO Baby is hunched, chin touching chest

NO Baby's face is pressed tight against wearer

IMPORTANT! KEEP FOR FUTURE REFERENCE

Read and follow all printed instructions before use.
Additionally, instructional videos are available online.

- Please examine your Moby before each use for wear and tear.
- Carrying a baby in the Moby requires diligence on the part of the caregiver. Failure to pay attention can lead to falls, or failure to notice distress.
- Pre-term, newborn infants or those with either chronic or acute respiratory conditions can face additional risks in a baby carrier. Follow manufacturer's instructions and consult your doctor before using a Moby with a baby under four months or with health conditions.
- If using the Moby while breastfeeding, always move the baby's face away from the breast after feeding and reposition baby upright. Baby should not be slouching.
- Adults should not wear a Moby Wrap baby carrier when drowsy, sleeping, suffering from an illness or condition that impairs balance, taking medication that causes dizziness or using crutches.
- Be careful when in motion with the baby in a baby carrier. Do not use during strenuous exercise, such as bicycling, running, jumping, etc.
- Always be aware that your center of balance is affected when wearing your Moby. Also be aware of objects or people around you that can harm or squeeze baby.
- Do not use baby carriers in pools, oceans, lakes, ponds or any water filled environment.
- Do not use baby carriers while cooking, near heat or flame sources or near any potential hazards including cleaning products.
- A Moby Wrap is not a safety seat. Do not use in moving vehicles.
- Do not leave the carrier wrapped around an unattended baby.
- Check to be sure the baby is safely enclosed in the Moby according to manufacturer's instructions.
- Never place more than one child in a baby carrier. Never use more than one baby carrier at the same time.
- Keep baby facing towards the caregiver. Never face a baby outwards that does not have head control.

The Moby Wrap complies with European Standard - EN 13209-2:2005

Wrapping Gathered

There are two options for wrapping your **MOBY®**: *gathered & folded.* **Try both and find what works best for you!**

1 Gather the Moby Wrap and place across your waist with the logo tag centered at your navel.

2 Cross the two ends behind your back and bring one end up and over your shoulder.

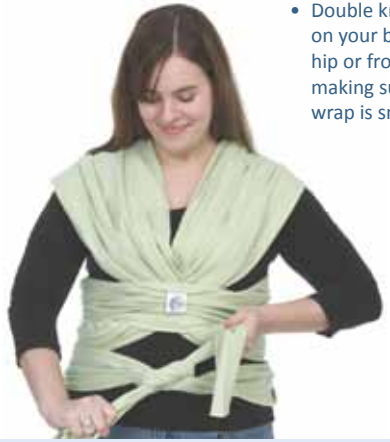
3 Bring the other end over your opposite shoulder creating an “X” on your back.

4 Tuck the ends of the wrap under the logo section, from top to bottom.

- A higher "X" positons baby higher; a lower "X" will positon baby lower

5 Cross the end pieces in the front making an “X” on your chest.

6 Bring the fabric ends behind your back and tie a knot here, or continue to wrap around to the front of your body.



- Double knot on your back, hip or front, making sure wrap is snug

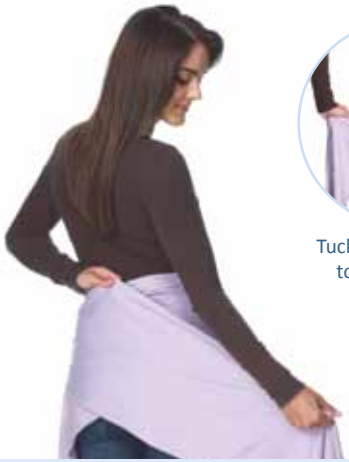
7 Tie a double knot on your back, hip or front.

Wrapping Folded

Newborn Hug & Hug Holds

1 Begin with your Moby logo tag centered at your navel.

2 Fold the Moby Wrap in half lengthwise and place across your waist with the stitched edges on top.



Tuck one side under to hold in place

3 Cross the two ends behind your back and bring one end up and over your shoulder.

4 Bring the other end over your opposite shoulder creating an “X” on your back.

Comfort Tip
Keep stitched edges near your neck. The flatter the fabric, the more comfortable you will feel.

5 Tuck the ends of the wrap under the logo section from top to bottom.

6 Cross the end pieces in the front making an “X” on your chest.

7 Bring the fabric ends behind your back and tie a knot here, or continue to wrap around your body.

Tie where knot comfortably lands

8 Tie a double knot on your back, hip or front.

MOBY d wrap

Moby d Wraps are made with a fabric panel sewn between two cotton ends. Shorter than other Moby Wrap styles, these carriers are made to tie at your hip and can be worn in all carrying positions.

Moby d fabric panels are made from luxurious silk and woven cotton. Visit **mobywrap.com** to see the entire collection.

For all wrapping directions, treat the Moby d **"fabric panel" the same as the** Moby Wrap **"logo section"**.

Shorter on one side, Moby d Wraps are designed to be tied at your hip.

MOBY® Triple Wrapped Security

Now that you are wrapped it's time to put baby in. Baby will sit on the "X" and be secured by three sections of fabric.

When putting baby in your Moby it's as simple as 1, 2, 3. . .

1. Shoulder piece closest to your body
2. Other shoulder piece section
3. Logo tag section

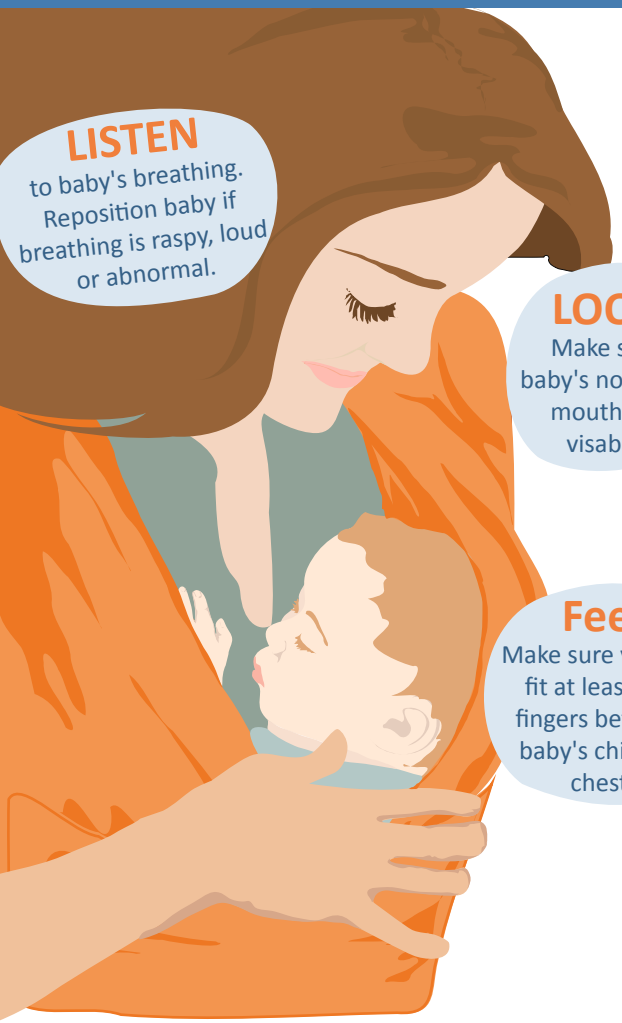
The "X" Factor

Sections 1 and 2 cross from your shoulders around baby's back and between baby's legs.

Buckle Up

Think of section 3 as your Moby seatbelt. Always secure your baby's back and shoulders with this section of fabric by pulling it up and over baby.

MOBY® Safety Checks



Safety Check
LOOK > LISTEN > FEEL

You will find this icon at the end of each hold. It is a reminder to

DO YOUR SAFETY CHECKS

Chin is pressed to baby's chest

WARNING

Positional Asphyxia (suffocation) can occur in young babies. This can happen when baby's chin is pressed against his or her chest, restricting airflow. **Check to ensure that baby's airway is unobstructed and baby is breathing regularly at all times**, especially when sleeping.

MOBY® Positioning Checks

Wear baby as long as baby is happy and content and you are comfortable

Spread fabric to the hollows of the knees

Make sure the **"seat belt" is securing** baby's entire back and both shoulders

Secure baby's shoulders with two sections of fabric

Carry baby above your hips

Baby should be in a seated position with **knees up above bottom**

Newborn Hug Hold

with Shannon & Brooklyn

Introduce at 8 lbs

1 Locate the shoulder piece that is nearest your body. Open seams to create a pocket for baby.

2 Place baby on the shoulder opposite from the piece of fabric closest to you.

3 Slide baby down your chest and into this pocket. The baby's legs will remain in the fetal position.

4 Spread the fabric over the baby's body including the shoulders, back and bottom.

5 Locate the opposite section of fabric and spread over baby's body.

6 Find the logo tag and pull this section of fabric up and over baby.

Safety Check
LOOK > LISTEN > FEEL

Helpful Hints

- Newborn babies with colic, gas or acid reflux often prefer being carried in an upright position.
- If baby doesn't like being in the wrap, gently take baby out and try again later.
- **A baby can sense a wearer's hesitance** when using the wrap. Babies who "don't like being wrapped" actually enjoy it (and fall fast asleep) when carried by an experienced babywearer. **Keep practicing!**
- **Babies will cue you** when they are ready to be out of this position by starting to stretch their legs. At this point, you may put baby's legs through the fabric as instructed in the Hug Hold.

Dad Tip

The vibration of a man's Adam's apple can be soothing to an upset baby. Try having Dad or Grandpa hold the baby in this position and walk around humming or singing to soothe a crying infant.

For more helpful tips please visit our website at:
mobywrap.com

Hug Hold

with Alexis & Sasha

Introduce when baby is fully stretching legs (3-4 months)

1 Locate the shoulder piece that is closest to your body.

2 While holding baby on your opposite shoulder, carefully put baby's first leg through the shoulder piece.

3 Spread the fabric over baby's bottom and shoulder. Keep spreading until the fabric is to the hollows of baby's knees.

4 Place baby's second leg through the other shoulder piece while supporting the upper body.

5 Spread the fabric, covering baby's bottom and shoulder.

- Baby may need to be slightly lifted up to locate logo tag

6 Locate the logo tag and gently put baby's legs through this section.

- Secure baby's shoulder with two sections of fabric
- Carry baby above your hips

7 Continue pulling this section of fabric up and over baby's back and shoulders.

- Baby should be in a seated position with knees up

8 You may tuck baby's head under one of the shoulder pieces for additional support.

Safety Check
LOOK > LISTEN > FEEL

Kangaroo Wrap & Hold

with Brittany & Elsie

Introduce at 8 lbs

1 Place the Moby Wrap across your waist with the logo tag centered at your navel.

2 Wrap the ends of the Moby behind your back. Make an "x" on your back by crossing the two ends up over your shoulders.

3 Now it's time for baby. Hold baby up on your shoulder.

Make sure that fabric is between you and baby

4 Gently lower baby into the fabric section with the logo tag, putting both legs through and tucking fabric under baby's bottom.

5 Holding baby securely, bring one fabric end over baby's back towards your opposite hip and guide under baby's leg.

6 Repeat with the other fabric end, making sure you keep both fabric ends pulled snugly as you wrap.

Try flipping fabric at shoulder for comfort

7 Wrap fabric ends around your body. Knot at your back, hip or front.

- Make sure baby's mouth and nose are visible
- Feel to make sure chin is lifted off chest

8 Tuck back of baby's head into a shoulder section for additional support.

Safety Check
LOOK > LISTEN > FEEL

Am I wrapped correctly?

To test: Support baby with at least one hand and lean forward

Just Right

Baby should fit snugly in the MOBY wrap.

When bending forward baby should not come away from your body.

Too Loose

Your Moby is too loose if baby pulls away from your body when you lean forward

Readjust your wrap if it is too loose by removing baby from wrap, untying and pulling fabric tighter. Then retie.

1 Bring logo section down to baby's mid-back.

2 After checking that baby is wrapped correctly, pull logo section back up to secure shoulders.

3 Insert hands through sides of the Moby Wrap and adjust baby as needed. Moby is too tight if you can't adjust baby.

MOBY® Checklist

Safety Check
LOOK > LISTEN > FEEL

Chin is **off chest** ✓

Baby's **face is visible** ✓

"Seat belt" is securing baby's entire back and shoulders ✓

Baby is in a seated position with **knees up above bottom** ✓

Baby is carried above hips ✓

Fabric is spread to the hollows of baby's knees ✓

Taking Baby Out

Keep your MOBY® on, then baby can go back in when ready!

1 Lower the Moby logo tag below baby's bottom.

2 Open fabric, carefully supporting baby as you do this. Newborns will need additional head support.

3 Lift baby straight up and out of the Moby. Keep baby close to your body as you lift.

Nutrition by LUNA

Whole Nutrition *for* Women®

Nutrient	While Pregnant & Breastfeeding	What It Does	Where To Get It
Protein	**65-75 grams per day** (vs. 50-55 grams pre-pregnancy - that is an additional 2 oz of meat OR 2 tbsp of almond butter)	Baby's red blood cells, metabolism and development are dependent on protein.	• lean red meat • poultry • fish • dairy • beans/soy • eggs • LUNA/LUNA Sunrise-10g
Folic Acid	**800 micrograms per day** (vs. 400 mcg pre-pregnancy - that is an additional 1 cup cooked spinach OR ¾ cup 50% RDA folate fortified cereal)	Promotes baby's brain and spinal column development.	• dark green leafy vegetables • beans • fortified orange juice • whole grains •LUNA/LUNA Sunrise-400mcg
Calcium	**1,000 milligrams per day** (the amount hasn't changed since pre-pregnancy but it's even more important now that you are eating for two)	Necessary for formation of baby's bones and keeping mom's bones strong.	• dairy • tofu • beans • almonds • broccoli/kale • LUNA/LUNA Sunrise-350mg
Iron	**27 milligrams per day** (vs. 18 mg pre-pregnancy - that is an additional 2 oz lean beef AND ¾ cup kidney beans)	Helps promote weight gain in baby and support healthy blood cells in mom.	• lean red meat • eggs • enriched whole grains • beans/lentils • spinach • LUNA/LUNA Sunrise-5.4mg
Omega - 3 Fatty Acids	**1.3-1.4 grams per day** (vs. 1.1 grams pre-pregnancy - not a big change, but very important at this stage)	Important in baby's brain and central nervous system development. Helps maintain mom's positive outlook post-partum.	• low mercury fish like salmon (12 oz per week) • flaxseed (oil or ground) • walnuts • LUNA Sunrise-130mg

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Kangaroo Care

Kangaroo Care is a method of skin-to-skin contact used to promote parent/infant bonding, especially for premature babies. It is the practice of holding an infant dressed only in a diaper between a mother's bare breasts or on father's chest, similar to a kangaroo carrying its young. Through contact with parents' skin, babies remain warm and can interact with their parents.

Skin-to-Skin: The Overall Results

According to Dr. Sears and many other pediatric experts, skin-to-skin care and babywearing are proven to:

Reduce Crying

Increase Baby's Weight

Help Prevent Colic

Increase Baby's Overall Health

Boost Milk Production

Improve Baby's Sleep Time And Quality

Lower Baby's (And Mother's) Stress Hormones [1]

The Research

Dr. Nils Bergman's comprehensive research promotes the concept of bringing the mother and baby together as almost a single entity. His studies revealed that babies have a biological need for skin-to-skin contact, and that a mother's body responds to this need.

Dr. Bergman's research concludes:

- **A mother's chest temperature changes to meet her baby's needs**, rising if baby is cold and decreasing if the baby becomes too warm. The mother's chest responds through biofeedback, doing a superior job when compared to a traditional incubator.
- **A baby's stress hormones, blood pressure, oxygenation, temperature and heart rate stabilize with skin-to-skin contact**. These findings are changing hospital practices for the better. Babies are more likely to be left on their mothers for at least an hour after birth in order to stabilize vital signs. This is also true before and after any invasive procedure such as drawing blood.
- **A baby that experiences skin-to-skin contact is more likely to breastfeed without problems**. The closeness elicits maternal caregiving and protective behaviors.

Skin-to-Skin and Breastfeeding

Mothers who practice skin-to-skin care with their infants breastfeed longer and more frequently. Babies have better weight gain and are discharged from the hospital earlier. Mothers also report greater confidence in caring for their infants.[2]

Dads Too!

Fathers who practice skin-to-skin care with their babies feel an incredible bond. This is highly preferable to having dad involved by bottle feeding, which can have the adverse effect of decreasing the mother's milk supply, leading to early weaning.

1 Lawrence, Ruth and Robert Lawrence, *Breastfeeding: A Guide for the Medical Profession,* 1999

2 Sears, William, M.D., *The Attachment Parenting Book*, 2001

- With the **MOBY®** *wrap*, parents can be hands-free.
- There is no fabric separating the parent from the baby, so parents can practice skin-to-skin for several hours a day with ease.
- The **MOBY®** is wide enough to keep the parent covered and warm.
- This is a wonderfully rewarding way for parents and caregivers to bond with their babies!

Top 5 BREASTFEEDING tips

1 Prepare in advance

Treat breastfeeding like planing a wedding, or interviewing for a job. Take a class, join or create a support group and interview lactation consultants (just in case). Enroll your spouse - their support is key. Make sure your employer understands that breastfeeding equals fewer sick days, less turnover and higher employee morale. You and your baby are worth it. The benefits of breastfeeding last a lifetime!

2 Get inspired

Talk to a friend or relative who enjoyed breastfeeding, or read up on celebrity moms and everyday role models. Watch a mom nurse and ask questions. Know what motivates you - that special bond, fewer bottles to wash, or fewer trips to the doctor for both of you! Scope out spots to nurse so you can get out of the house. Psych yourself up. You can do it!

3 Beat the "booby traps"

Have a game plan for any bumps along the way. Make sure your ob-gyn, hospital and pediatrician are truly breastfeeding friendly. Ask about their breastfeeding success rates! Find local resources - think expert coach and cheering squad to reach your personal best. Remind nosey bodies and naysayers that we know more now, as with seat belts and sunscreen. Remember, almost all women can breastfeed successfully, and 95% of problems are easily solved with the right help.

4 Hit the ground running

Aim for a good latch within an hour of birth and get a pro to help you; pain is not okay! Your baby is programmed to go straight from birth to the breast, both for comfort and colostrum - so weighing, tests, and relatives can wait. Snuggle up: skin-to-skin contact boosts your supply and cues baby to latch well. Demand pasteurized, screened donor milk if a supplement is medically required.

5 Get in the groove

Remember, the first few days and weeks are a learning curve, but like riding a bike, you'll get the hang of it soon. Keep phone numbers of your support group and top lactation consultants handy, and get help immediately if you have any pain. Ask friends and family to bring a meal or watch the baby while you nap, set small, manageable goals and acknowledge yourself.

Photography by Lary Bercow ©larry bercow.nyc

Best for Babes™
is giving breastfeeding
a makeover and beating
the "booby traps"
- the barriers that keep
moms from reaching their
personal breastfeeding goals.

For the **Ultimate Breastfeeding Preparation Checklist**
and more information visit:
bestforbabes.org

MOBY® Massage

Head & Arms

Forehead Massage

Begin with your fingers meeting in the middle of baby's forehead, stroke toward the temples using the flat part of your fingers.

Eyebrows and Eyes

Place thumbs on baby's eyebrows above the nose. Gently stroke toward the temples.

Around the Ears

Place the flats of fingers in front of the ears. Stroke over and around the ear, then under the jaw to the chin.

Stroke the Arm

Mold your hand around baby's arm near the shoulder with fingers on top, thumb underneath. Stroke from the shoulder to the wrist.

Finger Massage

Use your thumb and index finger to roll each of baby's fingers from the palm to the tip.

Hand Massage

Hold baby's hand in yours. Stroke the top of the hand with your thumb from the wrist to the fingers. Draw circles around the wrist with your thumb.

The practice of infant massage combines caregiving, communication, play and intimacy between a parent and baby. Research, clinical studies and observation attest the beneficial attributes of massage.

Benefits for Baby

- **Relief** - massage can relieve discomfort from teething, congestion, constipation, gas and colic.
- **Bonding** - more intimate interaction with parent and infant, helping to foster the parent/infant bond.
- **Skin stimulation** - all the physiological systems are stimulated by massage.
- **Helps to deepen respiration**, improves muscle tone and circulation, improves sensory awareness, and helps baby sleep deeper and longer.
- **Improves digestion** and baby's immune system.
- **Better able to handle stimulation** and self-soothe.

These strokes have been designed for **MOBY® wrap**.

For an infant massage class in your area, please contact Infant Massage USA®

infantmassageusa.org

International Association of Infant Massage

iaim.ws

Back and Forth

Mold your hands to baby's back starting at the shoulders. Glide back and forth across the back from shoulders to bottom then back up.

Gliding

Glide your hand down baby's back from shoulders to bottom.

Circles

Use the flats of your fingers to draw circles down one side of baby's back then back up the other side.

Stroke the Leg

Mold your hand around baby's leg near the hip with your fingers on top, thumb underneath. Stroke from the hip to the ankle.

Foot and Ankle Massage

Hold baby's foot in your hand. Stroke the top of the foot with your thumb from the toes to the ankle. Draw circles around the ankle with your thumb.

Toe Massage

Use your thumb and index finger to gently roll each toe.

Benefits for Parent

- Helps **establish a strong bond** between parent and child.
- Enhances parent-infant **nonverbal communication**.
- Parent **feels more confident and competen**t with their parenting skills.
- Parents are **better able to understand the needs** of their infant.
- Provides father **quality time** with his baby.
- Can help parents **overcome feelings of depression** or after baby blues.
- Offers parents **a time to relax and unwind** from the busy pace of life.

Recommended Reading:

Infant Massage: A Handbook for Loving Parents by Vimala McClure

Loving Hands - The Traditional Art of Baby Massage by Dr. Frederick LeBoyer

A special thanks to Infant Massage USA®, a pioneering non-profit family education and service organization, for their guidance in bringing the awareness of infant massage to **MOBY®** wearers and babies everywhere!

MOBY® exercises

By Lisa Druxman, founder of Stroller Strides

Moby Wrap baby carriers can be used for babies up to 35 lbs. Since newborns lack sufficient head and neck control, be sure to provide proper support until they have developed adequate control. A Moby Wrap is easier on your body (than holding baby), because it distributes your baby's weight evenly.

**Please consult your doctor or midwife before starting any exercise regimen.*

A must-have for every new mom is a MOBY® *wrap* baby carrier.

These comfortable carriers let mom carry baby around while keeping her arms free. Baby loves the motion and closeness and mom loves the comfort and convenience. What moms might not realize is that the Moby can also be part of a great workout. Because baby's weight is evenly distributed, it adds a functional "weight" to the workout. Let's turn that baby weight into a weight-loss workout!

Posture, posture!

Before we begin your workout, let's talk posture. The main downside we can find with most carriers is that they can wreak havoc on your posture. New moms already suffer from posture problems aggravated by feeding, picking up baby, car seats and more. The best way to use a baby carrier is to focus on stretching the chest area and strengthening the upper back. When wearing the carrier, regularly contract your shoulder blades, bringing them together as if you were squeezing a pencil. Keep shoulders down and back, and neck long and relaxed.

Plie Squat

A plie squat is a gym favorite for shaping thighs and lifting derrieres. This exercise works the quads, hamstrings, inner thighs and glutes. Normally, you hold a dumbbell or barbell in this exercise to add to the intensity. Here, you add the weight of your baby. With baby in a Moby, stand with feet wide, toes turned out at a comfortable angle. Pull abdominal muscles in flat to support your back and baby. Slowly lower down until your thighs are near parallel to the floor, keeping knees and toes in alignment. Slowly squeeze thighs and glutes (your rear end) until you're back to start position. Repeat for 1 to 3 sets of 12-16 repetitions, with a 20-30 second rest between sets. The heavier the baby, the harder the workout. To add variety and intensity, hold your squat in the lowered position and do some controlled pulses. Baby will love the light bounce and your bottom will love the workout.

MOBY® exercises

By Lisa Druxman, founder of Stroller Strides

Lunge

A lunge is also one of the most popular gym exercises because it does so much at once. In just this one exercise, you work the glutes, hamstrings, quads and inner thighs. Stand in a long staggered lunge stance. Bend knees and descend to form a 90-degree angle with upper and lower position of each leg. The kneecap of front leg should be approximately over the last shoelace. Keep front heel down and weight distributed evenly through front foot. Heel of back leg is up off floor and ball of foot is in contact with floor. Keep head over hips and eyes focused directly forward. Keep chest expanded and shoulder blades squeezed together while holding baby upright. Return to start position and repeat for 1 to 3 sets on each leg, about 12-16 repetitions.
Tip: It's more important to have a long stride than to lunge deeply. If you feel off balance, make your stance wider or use a chair for support.

Wall Squat

Standing with your back to a bare wall, slide down the wall until your legs are at a 90-degree angle. Feet should be shoulder-width apart, toes forward, abdominals tucked. Hold this position and squeeze your glutes (your rear end). Ideally, hold for one minute or until your thighs beg for mercy. Slide back up and repeat three times. This is a great time to sing to your baby while your minute counts down!

What else can you do with a MOBY® wrap carrier?

Although not appropriate for running or even power walking (because baby needs to be kept stable), a slow walk can become a workout with baby in tow. You can also add exercise tubing to your workout and do bicep curls, lateral raises and other exercises where you are standing and upright. As long as baby's head is supported and you can maintain good posture, you're set to get fit!

MOBY® wrap Workout Tips

MOBY® Yoga

On these pages are a few yoga poses that are easily done while wearing baby. Please make sure to consult your doctor or midwife before resuming any exercise regimen and listen to your body, stopping if you feel any discomfort. Before you start, make sure baby is fed and happy. That way, you're set up for success on this adventure.

Once you master the basic yoga poses, you can modify others in your skill and comfort level. ***Have fun!***

Mountain Pose

Stand up straight, big toes together. Inhale arms out to sides and overhead. Exhale arms down to Mountain Pose. Repeat 3-5 times.

Modified Sun Salutations

Stand in Mountain Pose. Inhale arms overhead and bend knees for Chair Pose. Hold for 3-5 breaths. Exhale arms down, straighten legs, coming back into Mountain Pose. Repeat 3-5 times.

Staff Pose

Sit on your mat with your legs straight. Ground sitting bones into the mat, engage quadriceps and push through the heels of the feet. Ground palms next to hips and lift chest. Hold for 3-5 breaths.

Bound Angle Pose

Sit in Staff Pose. On the exhale - bend knees, pull heels toward pelvis, then drop knees out to the sides and press the soles of the feet together. Hold toes or ankles. Inhale, lifting chest and stay in position for 3-5 breaths.

Lotus Pose

Sit in Staff Pose. Bring legs into cross-legged position. Place the backs of your hands on tops of knees, with the thumbs and first fingers touching. Take 5-10 full breaths.

Squats

Legs should be wider than your shoulders, with feet turned out slightly. On exhale, bend the knees. Hold 3-5 breaths and come back up on the inhale. Repeat 3-5 times.

Soothes fussy babies

It is amazing how quickly a baby will settle down once wrapped in the Moby Wrap. Experts, like Dr. Sears, stress the importance of holding baby often and close. The Moby Wrap allows you to do this with ease.

Be comfortable

The Moby Wrap design uses your entire back, as well as your shoulders, to carry the weight of baby. Unlike other carriers, which have narrow straps or go across one shoulder, the Moby Wrap is a wide piece of fabric that is wrapped over both shoulders. The absence of buckles, snaps or other fasteners makes it amazingly comfortable and easy to wear. It is simple to adjust the fit of your Moby Wrap by varying how tightly you wrap yourself.

Be uniquely close

There is not a lot of extra material or bulky padding between you and baby. Within the cuddly confines of the Moby Wrap, baby finds comfort in the warmth of your body and the sound of your heartbeat.

Be secure

With the one-way stretch cotton and wide width of the Moby Wrap, baby is wrapped close and tight, ensuring a secure hold. Baby's head can also be tucked under the stretchy cotton fabric for added safety. You can finally have both hands free and know baby is safe in triple-wrapped security. Please refer to the safety section (pages 1, 9, 10, 17 & 18) for tips on keeping your child secure, as well as safety tips for each specific hold throughout the booklet.

Practice

It may take 3-5 attempts at wrapping to feel confident with the process. Try watching yourself in the mirror while you put on your Moby Wrap. Practice with a doll or large stuffed animal. When introducing baby to the Moby Wrap, make sure baby is fed and happy.

Machine washable

The Moby Wrap is easy to clean. Prewashing before first use is recommended. You can machine wash your wrap in cold water and air-dry or tumble dry on low. Your Moby Wrap may shrink slightly in the dryer, but will stretch out again after being worn. Please note that the Moby d hand-woven cotton is not color fast and should be washed separately, or with like colors. Moby d Wraps with silk should be washed and handled gently.

Photos by
Marty Crosley Photography
Kevin McDonnell Photography
Laurie Lyon Photography

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Visit mobywrap.com
to view Moby Accessories
Including: Mini Moby, Blanket,
Knot Hat & BabyLegs for Moby

Moby Wrap Inc.
PO Box 1066, Chico, CA 95927
mobywrap.com
info@mobywrap.com
toll free: **888-629-9727**

Some of the reasons to carry your child:

- Provides warmth, security, pleasure and sound, all essential to healthy development.
- Helps meet baby's security needs: baby can feel, smell, hear and see the parent.
- Enables parents to accomplish their day-to-day activities and still be in close physical contact with their babies.
- Has a soothing, tranquilizing affect which helps fussy or tired infants fall asleep.

Moby Wrap

PO Box 1066
Chico, CA
95927-1066
888-629-9727