

Dear TragMich Owner!

TragMich is the German word for “carry me”, because babies love to be held, and people love to hold babies. Of course, however, it isn’t always possible to have your hands unavailable. The TragMich allows you to hold your baby while having your hands free, whether because you want to or because the baby demands it! Because it can be used in many different positions, how you use it changes as your baby grows from a newborn, to an infant, to an older baby, and through the toddler years.

Why is the TragMich so great? Because it is so easy to pop your baby or toddler into it you can use it anytime your baby wants to be held, and still have your hands available. I use it all the time at home when my daughter is tired of sitting in her seat or playing on the floor but isn’t ready to eat or sleep, but just wants to be held. She is very happy to be on me while I putter about the house, and I get much more done while having a happy baby!

Inside this booklet you will find instructions for using your TragMich in the 6 basic positions, but with time you will discover many variations on these that will serve you and your baby very well. And most of all, now that you have a TragMich - use it! Use it like a third pair of hands. Keep it on a special hook in your home so it is always at hand. Take it in the car for quick stops in and out of stores, and hand it on your stroller for when your baby gets bored and wants OUT!

Good luck, and ENJOY!

Kathryn and Monika

www.tragmich.at

(wash at 30° or 40° (30° recommended). Hang dry)

TragMich Basics



Hold your TragMich so the rings and the label are facing out. Hold it in the hand opposite the shoulder you want to wear it on.



Put your arm through the TragMich and then pull it over your head so the pillowed shoulder pad rests on your shoulder, and the TragMich lays diagonally across your body.



Very Important!!! Your TragMich is on properly when the rings are just below your collarbone, and the baby is high and snug on your body. When the baby is high and snug, he feels much lighter and more secure. When the rings are high, they are much more tightly locked and stay better in place. If they are just 5 cm lower, it works, but not as well!



FALSE!!!!!! The rings are too low, and the baby is much too low and therefore not snug, on the body. Although you will be able to use the TragMich like this and it will still be secure, you will not be comfortable for as long, and it will not feel as secure as it should.



To make your TragMich tighter you will first lift the baby to unlock the rings, then pull down on the tail of the TragMich until your baby is high and snug on your body. If you don't lift the baby, the weight of the baby will keep the rings locked, and you won't be able to pull. Your TragMich may also be stiff at first and difficult to pull, but will loosen up with use.



If as you pull the tail of your TragMich to tighten it the rings move also and end up too low, simply start with the rings higher up on your shoulder, so that after you finish adjusting, the rings are in the proper place, just below your collarbone. This can happen when the baby is bigger, and you need to make the TragMich larger to get your baby in.

TragMich Basics (con't)



To loosen your TragMich first lift the baby (otherwise the weight of the baby will keep the rings locked tightly together), then push the tail a bit out of the rings.



Next lift the rings and pull down from below, or simply just lift the rings and pull the rings up (when your baby is in the TragMich this will work well).



After the baby is in the TragMich and you have adjusted it, it is **VERY IMPORTANT** (and cannot be repeated often enough!) that your baby or toddler is always high and tight on your body, and **VERY IMPORTANT** that the rings are **ALWAYS** just below your collarbone, not lower. When this is the case your TragMich should always be comfortable and very secure.

Cradle Carry -

From Birth to approx. 4 months



Put your TragMich on as previously described. Make a pouch by pulling the inside portion of your TragMich against your body and towards your back so the fabric is tight against your body (and any extra fabric is behind you). Then pull the front piece of fabric out so you have a nice pouch.



Pick up your baby and hold him in your arms with the head on the same side as the rings. Relax for a second, and let your baby relax in your arms, before you put him in the TragMich.



Put your baby in the prepared pouch by pulling the front edge of your TragMich out and guiding him in, **BUM FIRST**, in line with your breast opposite the rings (not in the middle of your body, but towards your side).



Next, work your baby into the pouch by pulling the fabric around his body, head and legs until he is comfortably in the TragMich. His head should be on your breast, and the legs bent like in the embryo position. Your baby will be slightly sitting up, with his spine curved.



Tighten the TragMich by first lifting your baby (to unlock the rings), and then pulling down on the tail until the baby is high and snug on your body, with his head on your breast. For the cradle position it is best if you adjust the sling before you put the baby in so you don't have to adjust very much afterwards. If your baby is very small, you can fold down the sides so the pocket is not too deep.



You know you have your baby in right if the rings are just below your collarbone, and your baby is high and snug on your body. For newborn babies your baby's head should be resting on your breast and the body in the embryo position and slightly sitting up, and for older babies the baby will be fully sitting.

Nursing Carry - Birth to approx. 4 Months



The Nursing Carry is similar to the Cradle Carry, but with the head on the side opposite the rings. Also, the baby is more laying down than in the Cradle carry. Make a pouch with the TragMich by pulling the part closest to your body back towards the rings, and the front piece forward and out.



Take your baby in your arms, with his head on your elbow and your hand under his bum. With your other hand, reach through the TragMich and take his feet, and glide him into the pouch.



Adjust your baby in the pouch so his bum is in line with your breast, his body is fully in the pouch, and his head is supported by the rail of the TragMich.



Tighten the TragMich by first lifting your baby to unlock the rings, then by pulling on the tail until your baby is high and snug on your body.



Further tighten your TragMich by making the rail that supports your baby's head tighter. First pull the edge of the rail through the first ring, then the second. Be sure to pull on the EDGE of the rail, not in the middle. If you pull on the edge it should go easily, if you pull more in the middle you will find it difficult. When you are done it will look like the second picture above.



In this position your baby can easily nurse as well as sleep. If your baby is asleep and you would like to put him down, you can do this easily by first laying him down while still in the TragMich, then loosening the rings, and then slipping the TragMich over your head and off. Be sure that no cloth is covering your baby's face.

Heart-to-Heart - Approx. 5 Weeks to 4 Months



Put your TragMich on as earlier described. Make a pouch for your baby by laying the inside rail flat on your stomach, and pulling the outside rail straight out. Your baby's bum should go into the pouch formed by the middle part of the TragMich.



Rest your baby against your body with his head supported on your neck and shoulder, and with your hand under his bum. With your other hand reach from under the TragMich, gather his legs in your hand, and pull him through the TragMich.



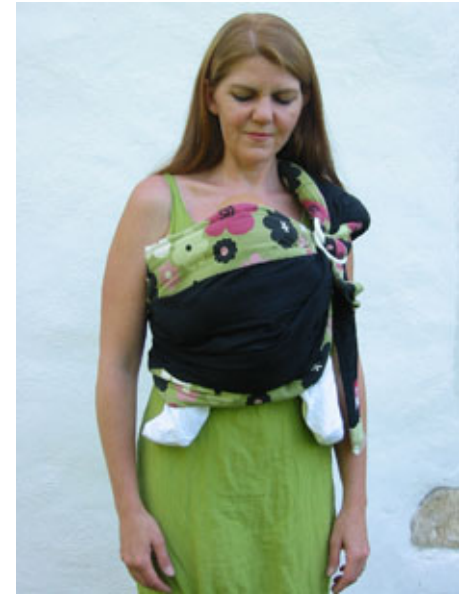
Spread his legs across your body, and adjust him so that the inside rail is under his knees, and his bum is deep in the pouch. Pull the top rail of the TragMich up to support your baby's head. (The rail will still be loose at this point). You will then adjust your TragMich in two parts to make it tight and your baby snug.



Lift your baby with one hand to unlock the rings, and with the other hand pull on the tail of the TragMich to tighten it until your baby is high and snug on your body. You will then need to tighten the top rail separately to firmly support your baby's head.



To tighten the top rail, pull the rail once more through first one ring, then the second ring until your baby's head is firmly supported. Be sure to pull **ONLY** on the **EDGE** of the rail, and it will be very easy. If you pull on the middle of the rail, it won't pull nicely.



When you are finished, your baby should be high and snug on your body, with his legs spread wide, the bottom rail under his knees, and his bum firmly in the pouch. The top rail should support his head. Also, make sure the rings are just under the collarbone, not any lower.

Buddha Carry

Approx. 4 - 7 Months



Put your TragMich on as earlier described. Then make a pocket by pulling the inside rail flat against your body, and the outside part straight out in front of you. You can also start with the rings further back on your shoulder, so that after you pull the tighten the Trag-Mich the rings don't move too far down on your body.



Pick up your baby and hold him with his back supported by your body. Gently fold his legs by lightly pushing them towards his body. By doing this they will automatically go into the position that is natural and comfortable for your baby (although it may not look comfortable to you!).



With your other hand pull out the Trag-Mich to make a deep pocket, and place your baby in bum first, with his back against your body and his feet facing out. Pull the outside rail high so your child is deep in the sling.



Lift your baby to unlock the rings, then pull with the other hand on the tail of the TragMich to make it high and snug on your body. You can also further tighten the top rail as described in the Tummy-to-Tummy position.



When you are finished, your baby should be in the middle of your chest, with your body supporting his neck and back. His bum should be deep in the sack, with his legs up a bit, rather than sticking straight out. The feet may even be as high as the rail. Your baby should also be high and snug on your body, and the rings should be just below your collarbone, not lower.



As your baby gets older, you can also shift him to the side, although in this position you will have to use one hand for extra support. (Even so, I found this position very comfortable and useful, particularly when socializing).

Hip Carry

Approx. 6 Months to Age 3



Put on the TragMich as described earlier. Make a pocket at your side by leaving the inside rail of your TragMich against your body and pulling the outside rail straight out.



Pick up your child and rest him on your shoulder that is opposite the rings. Support him with one hand under his bum, and take his feet by reaching up from under the TragMich and pull him through.



Slide your baby/child down further so his bum is in the pouch and the rail of the TragMich is UNDER HIS KNEES. Spread his legs so he is straddling your side. The baby should straddle your side but may not be on your actual hip, it is very important that he is high and close to your body rather than directly on your hip.



Then slightly lift your baby to unlock the rings, and pull on the tail of the TragMich to tighten it so that your baby is high and snug on your body.



If necessary, you can further tighten the top rail by pulling just the edge of the rail once more through first one ring, then the second ring until your baby is snug against your body, although for most larger babies this will not be necessary. Be sure to pull **ONLY** on the **EDGE** of the rail, and it will be very easy. If you pull on the middle of the rail, it won't pull nicely.



When you are finished, the rings should be just below your collarbone, and your child should be high and snug on your body.

Back Carry

Approx. 18 Months to Age 3



For the back position, you will first put your baby/toddler in the hip position (but not fix him too tightly) EXCEPT the rings must start far back on your shoulder so that they are even a bit on your back. You will then shift him onto your back, then pull on the tail of the TragMich make him high and tight. As you shift your baby around, the rings will move forward some, and when you pull the tail, they should slide into place just below your collarbone.



Put on the TragMich as described earlier and make a pocket at your side by your hip, (but again, with the rings further back as in the preceding foto).



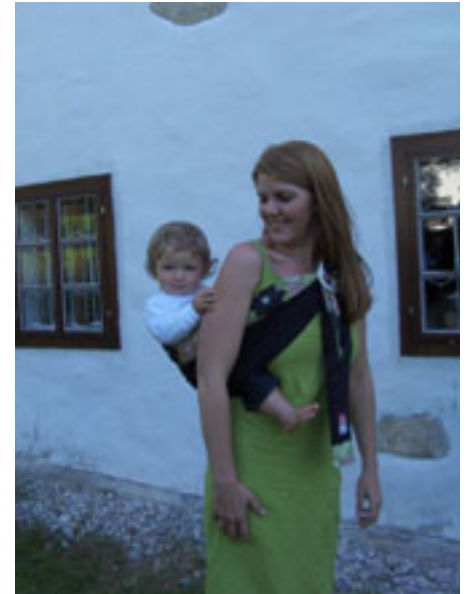
Pick up your baby und rest him on your shoulder opposite the rings. Support him with one hand under his bum, and pull his legs through with your other hand so that his bum is in the pouch, and the rail is underneath his knees.



Tighten your TragMich slightly by gently lifting your baby to unlock the rings, then pulling down on the tail. Also, make sure the TragMich is high on your child's back.



Next, shift your baby onto your back by putting one hand under his bum and moving him while pulling on the tail of the ring to help shift him around. Once he is on your back, pull further to make him securely fixed high and tight on your back. Check that the rings are in place, just below your collarbone.



When you are finished, your child should be snugly on your back, possibly slightly to one side. Make sure the TragMich is pulled high on his back. Very Important!!!! The back position is for Toddlers who are not going to arch back and possibly slip out of the sling. The child must be old enough to know not to do this, usually starting around 16 - 18 months.