

Straighten up and tighten. One hand holds both tails. Tighten the tail with the other hand.



Change hands and tighten the other tail. Take both tails behind, under baby's legs. Cross under the bum, ...



... bring to the front again and secure with a double knot. Retighten the hip belt. Done!



The tails may rest on the shoulders like a strap ...



... or cover the shoulder.

#### Variation

After step 1 and 2, your front hand takes both tails firmly in one hand right under baby's chin. Your other hand goes under the tails, between your child and yourself, forward. Gently push your child with your elbow backwards, until she is in the middle of your back. Change your hands. Put the tail which is closer to your neck on the other shoulder. Continue with step 6: Straighten up and Tighten.

## PRODUCT INFORMATIONEN

The WrapMySol is a variation of our tried-and-tested MySol® baby carrier, handmade from handwoven wrap fabric. It is suitable from birth till size 98/104. The wide wrap like shoulder straps distribute baby's weight over your shoulders and back. The straps are 32 cm wide, half the width of a wrap, made of one layer of wrap fabric. Thus, the WrapMySol combines the qualities of wrap and Mei Tai and allows for many ways to be tied – for more comfort, even with bigger and heavier children.

Apart from the different straps, the WrapMySol is identical to our classic MySol®. It also has the patented double tunnel and grows with your child. You can exchange the waist belt to tie with a buckle belt for more comfortable fastening or use the shoulder pads with your WrapMySol.

You can carry on the front, back and hip. The straps may either be spread out over your shoulders or put on the shoulder like a strap. With a very small baby you can flip the rails for even more support.

Material: 100% pure cotton, no chemical treatment or finishing  
Yarns dyed by hand, hand woven and sewn by skilled artisans in small workshops under fair-trade conditions in Guatemala.

Recommended for sizes 50 to 98, between 3 and 15 kg.

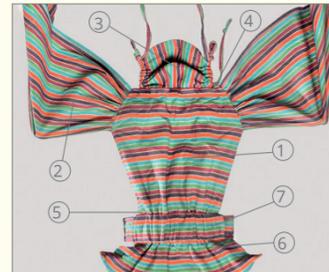
#### Caring for your WrapMySol

Pre-washed, can be used right away!  
Please wash your carrier as little as possible, just stain wash. Machine washable with 30° C to 60° C, we recommend a low temperature and gentle cycle (for delicates).  
Use mild liquid detergent, with no brighteners. No softener, no dryer.  
The panel, hood and straps may be ironed, but do not iron the padded waist belt.

## COMPONENTS OF THE WRAPMYSOL

- ① back panel made of diagonally elastic wrap fabric
- ② wrap like shoulder straps
- ③ adjustable hood
- ④ adjustable neck area
- ⑤ seat continuously adjustable
- ⑥ double tunnel for the waist belt
- ⑦ padded waist belt to tie

- hip bag to be threaded on the waist belt
- chest belt for back carry
- storage bag



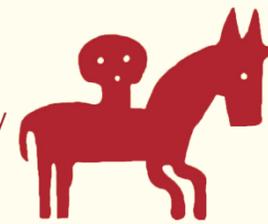
Optional Accessory: shoulder pads



Optional Accessory: buckle belt

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## TIPS & TRICKS

### Length of the back panel

With very small babies without head control, the back panel is supposed to go up to baby's ears. After that, the back panel should go up to the shoulders – like this, babies are well supported, but able to see more of the world.

With a very small baby you position the waist belt waist-high. If the back panel is too long, you may either place the waist belt even higher or put the baby deeper into the back panel. A third option is to wear the WrapMySol "apron": Put on the carrier with the back panel hanging down like an apron. The more your baby grows, the more the waist belt goes downwards, until you wear it on your hips. If the back panel is too short, simply thread the waist belt into the lower tunnel.

Sizes 50 - 80: upper tunnel  
Sizes 80 - 98: lower tunnel  
The given sizes are only rough estimates.

### Width of the seat

The width of the seat determines how much the legs are spread. The abduction is supposed to be about 90° (= right angle). The carrier supports the thighs till almost to the hollow of the knees to ensure a horizontal position of the legs, with the knees pointing a little upwards. This is crucial for the physiological spread-squat-position, supporting healthy hip development.

In the beginning, you adjust the seat to a rather small width. For this, you loosen the velcro in the tunnel and push the back panel symmetrically together, for a newborn to a width of about 15 cm. If the seat becomes too narrow, you can widen it using the velcro in the tunnel. If this is not enough, simply thread the waist belt into the lower tunnel. If that is still not enough, you can use the spreadable straps to support the legs. Thus, you gain a long useful life for your WrapMySol.

**Important:** When adjusting the seat, please make sure that you press together both parts of the velcro precisely to avoid wear and abrasion of the fabric.

## TIPPS & TRICKS

You can adjust the size of the hood. Many children prefer a head rest. For this, you simply roll in the hood and tie the ribbons around the straps. Please make sure at all times, that the nose is uncovered to ensure unblocked airways.

If the neck area seems to be too loose, you may adjust this area by using the drawstring and the cord stopper.

Your **baby's posture** in the carrier is supposed to be upright and symmetrical, legs slightly spread and bottom on the same level as the knees or even a little lower (spread-squat-position). Baby's back slightly rounded: J-shaped. The chin must not sink onto baby's chest, because this might cause respiratory problems. If the baby slumps or tilts sideways, please put your baby upright and tighten the straps again.

**How do I know that the carrier is tightened sufficiently?** When the back panel covers your baby snugly like a second skin and supports her. Try this: Bend forward. Does the baby stay close to your body? The carrier is tight enough! If the baby seems to "fall into" the back panel, please retighten.



The wider the strap is spread, the better the **weight distribution** on back and shoulders. With these variations you can improve it even more: By spreading the tails over your shoulders, over baby's bum (reinforced carry) or – with a back carry – across your chest (see above). You can even combine these variations!

# WrapMySol

by GIRASOL

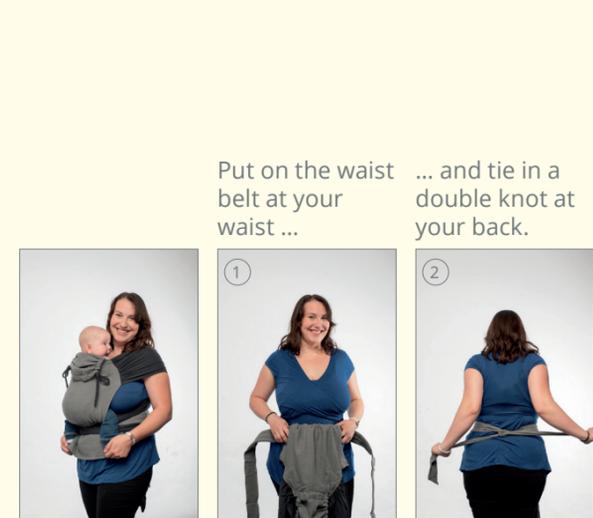
## Instruction Manual



The WrapMySol is a variation of our tried-and-tested MySol®, developed in cooperation with babywearing consultants. With the WrapMySol you can carry your child from birth till toddlerhood comfortably, simply, safely and ergonomically. The WrapMySol grows continuously with your child and is easily adjustable. The wrap like straps ensure comfortable weight distribution.

## FRONT CARRY

Recommended from birth



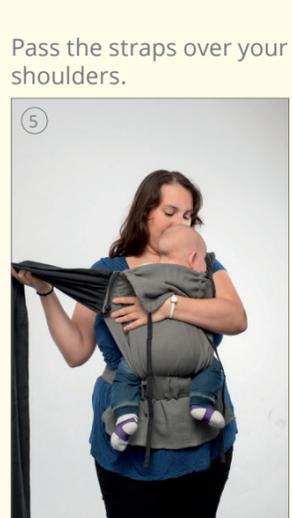
Put on the waist belt at your waist ...

... and tie in a double knot at your back.



Take up your baby, let baby slide downwards till the bum touches the waist belt.

Hold baby with one hand, with the other lift up the back panel between baby's legs.



Pass the straps over your shoulders.



Reach behind, below the first strap and find the rail of the other strap.



Tighten the rail sideways and downwards. Bring the strap to the front. Swap hands. Reach behind ...



... and take the rail of the second strap. Tighten the strap and bring it to the front.

Tighten both straps strand by strand: take a fold every few centimeters and tighten it. Start with the lower tail, directly on your back. Thus the wrap is snug around your shoulder and back, providing a good weight distribution. The tails may lie on your shoulder like a strap. For more comfort you may spread them out to cover the whole shoulder.



Bring both tails under baby's legs to the front ...



... and tie in a double knot under baby's bum. Done!

## VARIATION: FRONT CARRY

Tails flipped, like in the wrap carry "cangaroo"  
Recommended for tiny and slender babies, who need more support of the upper back and sideways

Put on your WrapMySol till step 4.

Reach under the tail towards your neck and take the inner rail with thumb and forefinger, ...

... pull the rail outwards and spread it over your shoulder. The tail is now flipped.



Same procedure on the other side.



Reach behind, below the first strap and take the rail of the other strap. Tighten the rail sideways and downwards.



Same procedure with the other tail. Pass both tails underneath baby's legs and tie under baby's bum.

## VARIATION: REINFORCED FRONT OR BACK CARRY

Strap spread out over baby's bottom  
Recommended for bigger babies, who can sit unassisted, or for babies of more than 8 kg

Note: You can use the tails also to widen the seat of your carrier.

Put on your WrapMySol till step 6.

Spread out the strap widely over baby's bottom, ...

... with the rail reaching to the middle of baby's back. Pass the tail under baby's leg...



... to your back. Same procedure with the second strap. Tie the straps in a double knot at your back.



## HIP CARRY

Recommended from birth, for curious babies

Start on your hip.

Tie the waist belt with the back panel a little sideways. Put the baby in the middle of the carrier, lift up the back panel. Take the strap more to the back ...



... across your back and over your shoulder to the front. Put the other strap crosswise on your chest.

Flip the strap hanging from your shoulder upwards, over your shoulder and again across your back to the front. Tighten both tails strand by strand, tie under baby's bum. Done!

## BACK CARRY

Recommended for babies with head control (app. 3 months)

Tie the waist belt, but only so tight, that you can move it a little.



Center your baby in the carrier, lift up the back panel between baby's legs.



Take the strap more to the back behind your back and place it over your opposite shoulder.



Hold your baby with one hand, with the other you hold both straps tightly. Move your arm forwards like a crawl stroke and gently move your baby under your arm to your back.



When the baby is in the middle of your back, put the second strap on the shoulder, holding tightly.

Continue next page.