

A close-up photograph of a woman with dark hair, smiling gently as she holds a newborn baby in a white MOBY Wrap. The baby is sleeping peacefully. The wrap is a soft, cream-colored fabric. On the left side of the image, there is a decorative blue vertical bar with white floral and scrollwork patterns. In the top right corner, the text 'MOBY® wrap' is written in a white, sans-serif font, with 'wrap' in a script font. Below it, 'Instructional Booklet' is written in a bold, white, sans-serif font. At the bottom, there is a tagline and a logo.

**MOBY® wrap**

**Instructional  
Booklet**



**Award-Winning • Ergonomic • Versatile • Irresistibly Comfortable**





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 + **baBY**).

My wish is that your Moby will help you and your baby experience the joys of babywearing.



Gillian & baby Nathan, 2003

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

This instructional booklet is a guide for exploring the various ways to use your Moby Wrap. Babywearing is a time-tested tradition practiced around the world for centuries. **The Moby Wrap brings COMFORT to TRADITION.** 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

## First Steps

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**! WARNING** FAILURE TO FOLLOW THE MANUFACTURER'S INSTRUCTIONS CAN RESULT IN DEATH OR SERIOUS INJURY.

### ! SUFFOCATION HAZARD

Ensure that the infant's face is above the fabric, visible and free from obstructions at all times. Follow the manufacturer's instructions for use. Babies at the greatest risk of suffocation include those born prematurely, those with respiratory problems and those under four months of age. Ensure that the baby does not curl into a position with the chin resting on or near the chest, because this position can interfere with breathing, even if nothing is covering the nose or mouth.

### ! 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. Keep one hand on baby while moving. Small children can fall through leg openings. Adjust leg openings to fit baby's legs snugly.

#### ONLY USE THIS CARRIER FOR BABIES BETWEEN 8 LBS AND 35 LBS

Never use this carrier for a preterm infant without seeking the advice of a healthcare professional.

# YES

**Chin up!**

**Face visible!**

**Nose & 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

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

- Examine your Moby before each use for wear and tear including ripped seams or torn fabric.
- Check on the baby often.
- Carrying a baby in a Moby requires diligence on the part of the caregiver. Failure to pay attention can lead to falls or failure to notice distress.
- Preterm infants, newborns or infants with pre-existing medical conditions are at a higher risk of suffocation. Consult a medical professional when using a Moby for babies with these conditions.
- If using a Moby while breastfeeding, always move the baby's face away from the breast after feeding and then reposition baby upright.
- Do not use when balance or mobility is impaired because of exercise, drowsiness or medical conditions.
- Do not use during strenuous exercise, such as bicycling, running, jumping, etc.
- Do not use a Moby Wrap in any body of water.
- Do not wear a Moby while driving or being a passenger in a motor vehicle.
- Do not use a Moby while engaging in activities such as cooking and cleaning which involve a heat source or exposure to chemicals.
- Never leave a baby in a baby carrier that is not being worn.
- Check to be sure the baby is safely positioned in a Moby according to instructions for use.
- Never place more than one child in a baby carrier. Never use more than one baby carrier at the same time.
- Keep the baby facing towards the caregiver. Never face a baby outwards that does not have head control.
- Small children can fall through leg openings. Adjust leg openings to fit baby's legs snugly.
- Ensure that the baby is periodically repositioned.
- Keep baby's airway unobstructed, face visible and above the Moby fabric at all times.



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.



**5** Cross the end pieces in the front making an "X" on your chest.

- A higher "X" positions baby higher; a lower "X" will position baby lower



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



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

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

Newborn Hug Hold Pg. 9  
Hug Hold Pg. 11

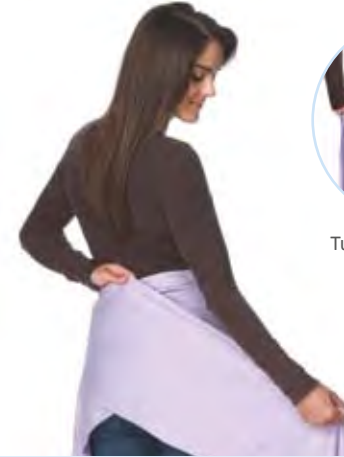
# Wrapping Folded



**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.



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



Tie where knot comfortably lands

Newborn Hug Hold Pg. 9  
Hug Hold Pg. 11



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 seat belt. Always secure your baby's back and shoulders with this section of fabric by pulling it up and over baby.

## LOOK

Make sure baby's nose and mouth are visible.

## LISTEN

to baby's breathing. Reposition baby if breathing is raspy, loud or abnormal.

## Feel

Make sure you can fit at least two fingers between baby's chin and chest.

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**



## 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.**



Ensure that the baby **does not** curl into a position with the chin resting on or near the chest

# Newborn Hug Hold

with Andrea & Austin

Introduce at 8 lbs\*

\* For babies under 8 lbs, consult your medical professional

## 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.



- 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.



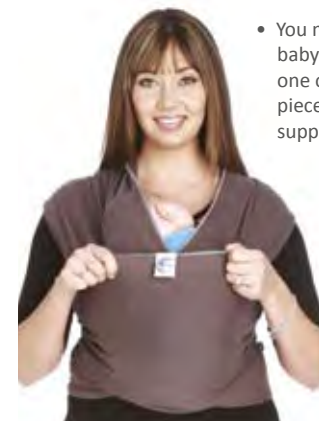
- 3** Slide baby down your chest and into this pocket. The baby's legs will remain in the fetal position.



- 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.



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

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

**Safety Check**  
LOOK > LISTEN > FEEL

*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](http://mobywrap.com)

# Hug Hold

with Jessica & Lucas

Introduce when baby is fully stretching legs (2-3 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

# Hip Hold

with Antonio & Lucas

Introduce when baby has excellent head & upper body control (5+ months)

A variation on the **Hug Hold**, this hold moves the "X" to your side. It is a great alternative for babies who like to be carried **on the hip**.



- Wrap using either the Folded or Gathered method



**1** Before you wrap, choose the hip on which you'd like to carry baby.

**2** Wrap so that the shoulder piece closest to your body is the side on which you will carry baby (Antonio will carry on his left).

**3** Shift the Moby so that the fabric "X" is moved from your front to your side.

**4** Place one of baby's legs through the shoulder piece closest to your body, so that baby straddles your hip. Spread the fabric over baby's bottom and shoulder.



- Baby should be in a seated position with knees up

**5** Bring baby's other leg through the opposite shoulder piece. Fully spread the fabric, ensuring it is to the hollows of baby's knees and over baby's entire back.

**6** Locate the logo tag and gently put both of baby's legs through this section. Pull fabric up over baby's back and shoulders.

**7** Baby is now in a seated position straddling your hip with one leg in front and one behind you.

**8** Baby's shoulders should be secured with two layers of fabric and seated comfortably at your hip.

**Safety Check**  
LOOK > LISTEN > FEEL

# Kangaroo Wrap & Hold

with Brittany & Elsie

Introduce at 8 lbs\*

\*For babies under 8 lbs, consult your medical professional



**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.



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



Tuck fabric up between baby's legs to create a seat



**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.



**7** Wrap fabric ends around your body. Double knot at your back, hip or front.



Try flipping fabric at shoulder for comfort



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

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

**Safety Check**  
LOOK > LISTEN > FEEL

# Am I Wrapped Correctly?

## Is your Moby wrapped too loose?

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

**Readjust your wrap if it is too loose** by removing baby from wrap, untying and pulling fabric tighter. Then re-tie. Check again after baby is back in.

*Baby should stay close to your body*



### Just right

Baby should fit snugly in your Moby.



### Too loose

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

## Is your Moby wrapped too tight?

**To test:** Follow the directions on the right. You are wrapped too tight if you can't adjust baby.

**Readjust your wrap if it is too tight** by removing baby from wrap, untying and loosening fabric. Then re-tie. Check again after baby is back in.



**1** Bring logo section down to baby's mid-back. Insert hands through sides of the Moby Wrap and adjust baby as needed.



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

## Adjusting Baby

- To adjust baby, **follow steps 1 & 2** on the left.
- Check on baby's positioning to ensure **safety and comfort**.
- Be sure to perform your **safety checks** (pages 8 & 17) while adjusting baby.
- If baby seems fussy in Moby, **first try adjusting** baby's position before taking baby out.
- It may take a few tries to feel confident with the wrapping process. Read **Practice Makes Perfect** on page 36 for more helpful hints.



**Safety Check**  
LOOK > LISTEN > FEEL



Chin is **off chest** ✓



Baby's **face is visible** ✓



The **logo tag section ("seat belt") is securing** baby's entire back and shoulders ✓



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



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

Baby is **carried above hips** ✓



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



**1** Lower the Moby logo tag below baby's bottom. Open fabric, carefully supporting baby as you do this. Newborns will need additional head support.

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

Skin-to-skin contact is 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. Through contact with parents' skin, babies remain warm and experience more interaction.

### 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 (& Mother's) Stress Hormones<sup>1</sup>

### 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.

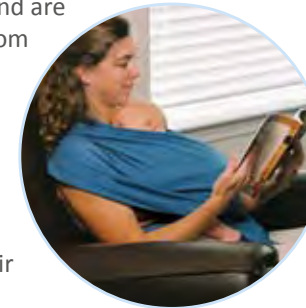
*Dr. Bergman's research concludes:*

- **A mother's chest temperature changes to meet her baby's needs**, rising if baby is cold and decreasing if 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 & 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.

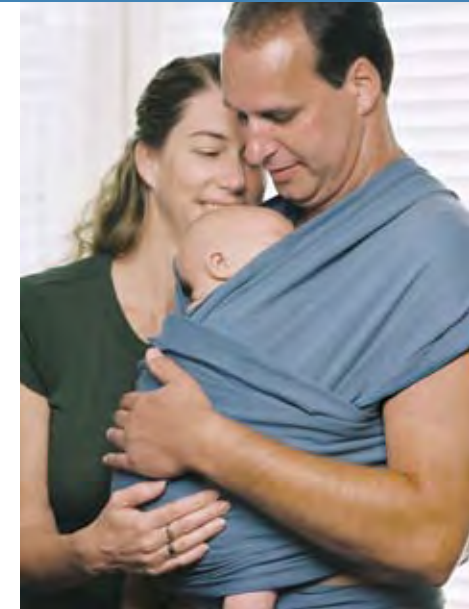
Mothers also report greater confidence in caring for their infants.<sup>2</sup>



### 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.



- 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!**

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

<sup>2</sup> Sears, William, M.D., *The Attachment Parenting Book*, 2001

# Top 5 Breastfeeding Tips

Reaching your personal breastfeeding goals



Nutrition by

Whole Nutrition *for Women*®



Photography by Larry Bercow ©larry\_bercow.nyc

## 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!

## 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.

## 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!

## 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 nousey 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.

## 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.

Nutrient	While Pregnant & Breastfeeding	What It Does	Where To Get It
<b>Protein</b>	<b>65-75 grams per day</b> (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.	<ul style="list-style-type: none"> <li>lean red meat</li> <li>poultry</li> <li>fish</li> <li>dairy</li> <li>beans/soy</li> <li>eggs</li> <li>LUNA/LUNA Sunrise-10g</li> </ul>
<b>Folic Acid</b>	<b>800 micrograms per day</b> (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.	<ul style="list-style-type: none"> <li>dark green leafy vegetables</li> <li>beans</li> <li>fortified orange juice</li> <li>whole grains</li> <li>LUNA/LUNA Sunrise-400mcg</li> </ul>
<b>Calcium</b>	<b>1,000 milligrams per day</b> (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.	<ul style="list-style-type: none"> <li>dairy</li> <li>tofu</li> <li>beans</li> <li>almonds</li> <li>broccoli/kale</li> <li>LUNA/LUNA Sunrise-350mg</li> </ul>
<b>Iron</b>	<b>27 milligrams per day</b> (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.	<ul style="list-style-type: none"> <li>lean red meat</li> <li>eggs</li> <li>enriched whole grains</li> <li>beans/lentils</li> <li>spinach</li> <li>LUNA/LUNA Sunrise-5.4mg</li> </ul>
<b>Omega - 3 Fatty Acids</b>	<b>1.3-1.4 grams per day</b> (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.	<ul style="list-style-type: none"> <li>low mercury fish like salmon (12 oz per week)</li> <li>flaxseed (oil or ground)</li> <li>walnuts</li> <li>LUNA Sunrise-130mg</li> </ul>

**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** & more information visit: [bestforbabes.org](http://bestforbabes.org)



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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**, 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.



### 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.

These strokes have been designed for Moby Wrap.

For an infant massage class in your area, please contact **Infant Massage USA®** ([infantmassageusa.org](http://infantmassageusa.org)) or **International Association of Infant Massage** ([iaim.ws](http://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**.
- **Feel more confident** and competent with parenting skills.
- Better able to **understand the needs** of infants.
- Provides fathers **quality time** with their babies.
- Helps **overcome feelings of depression** or after baby blues.
- Provides **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 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.

Before we begin your workout, let's talk posture. The main downside we 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.

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



## 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. Baby will love the light bounce and your bottom will love the workout.

1. Stand with feet wide, toes turned out.
2. Pull abdominal muscles in flat.
3. Slowly lower down until your thighs are near parallel to the floor, keeping knees and toes aligned.
4. Slowly squeeze thighs and glutes until you're back to start position.
5. Repeat for 1 to 3 sets of 12-16 repetitions, with a 20-30 second rest between sets.
6. To add intensity, hold your squat in the lowered position and do some controlled pulses.



## 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. It's more important to have a long stride than to lunge deeply while performing this exercise. If you feel off balance, make your stance wider or use a chair for support.

1. Stand in a long staggered lunge stance.
2. Bend knees and descend to form a 90-degree angle with upper and lower position of each leg.
3. The kneecap of front leg should be approximately over the last shoelace.
4. Keep front heel down and weight distributed evenly through front foot.
5. Heel of back leg is up off floor and ball of foot is in contact with floor.
6. Keep head over hips and eyes focused directly forward.
7. Keep chest expanded and shoulder blades squeezed together.
8. Return to start position and repeat for 1 to 3 sets on each leg, about 12-16 repetitions.



## Wall Squat

A wall squat is a great exercise to work your upper legs. We recommend singing to your baby while your minute-long wall squat counts down!

1. Standing with your back to a bare wall, slide down the wall until your legs are at a 90-degree angle.
2. Feet should be shoulder-width apart, toes forward and abdominals tucked.
3. Hold this position and squeeze your glutes.
4. Hold for one minute or until your thighs beg for mercy.



*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!*



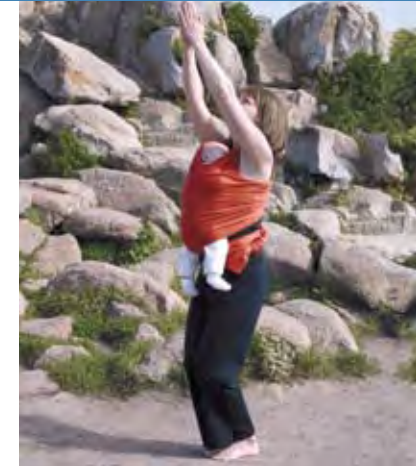
On these pages are yoga poses that are easily done while wearing baby. Please make sure to consult your doctor or midwife before resuming any exercise regimen and listen to your body, stopping if you feel any discomfort. Before you start, make sure baby is fed and happy. That way, you're set up for success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

*Once you master the basic yoga poses, you can modify others in your skill & 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 1-2, 7-8 & 17-19) for tips on keeping your child secure, as well as safety tips for each specific hold throughout the booklet.

## Practice Makes Perfect

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.

Visit [mobywrap.com](http://mobywrap.com) to view Moby Accessories Including: Moby Minis, Blankets, Hats & more



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## 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.

[mobywrap.com](http://mobywrap.com)

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