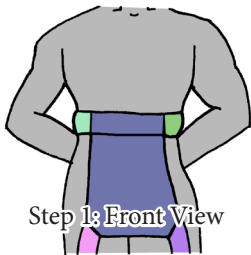


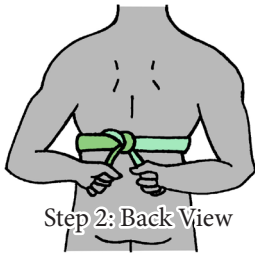
# Using Your Meh Dai

Hold the carrier upside-down, with the body panel hanging down from the bottom of the waistband and the decorative side facing you. Wrap the waist straps around your waist so you are wearing it like an apron (1) Tie with a double knot behind your back. (2)

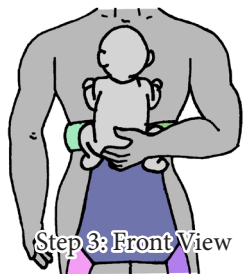
*If you are wearing a newborn, you may need to roll the waistband down over the body panel once or twice in order to shorten the height of the body panel.*



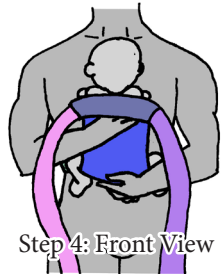
Step 1: Front View



Step 2: Back View



Step 3: Front View



Step 4: Front View

Hold baby chest-to-chest at the desired upright and close-enough-to-kiss position. (3) The waistband should be at baby's hip or waist level. Smooth the body panel up over baby's back. (4) The top of the body panel should be between shoulders and ears on a newborn or young baby, and between armpit level and ears on a baby who is able to sit assisted.

*If you are wearing a newborn, you may have to tie the waistband very high, above your natural waistline. If the bottom of the body panel is wider than the distance from knee-pit to knee-pit on baby and baby cannot freely swing their knees on either side of the body panel, you may need to tie a ribbon around the base of the body panel (or use an internal cinching system if available) to make the base of the body panel narrower.*

- ✓ TIGHT
  - ✓ IN VIEW AT ALL TIMES
  - ✓ CLOSE ENOUGH TO KISS
  - ✓ KEEP CHIN OFF THE CHEST
  - ✓ SUPPORTED BACK
- When you're wearing a sling or carrier, don't forget the **T.I.C.K.S.**  
Keep your baby close and keep your baby safe.

**TIGHT** – slings and carriers should be tight enough to hug your body close to you so this will be most comfortable for you both. Any slack/loose fabric will allow your body to slump down in the corner which can hinder their breathing and pull on your back.

**IN VIEW AT ALL TIMES** – you should always be able to see your baby's face by simply glancing down. The fabric of a sling or carrier should not close around them so you have to open it to check on them. In a cradle position your baby should face upwards not be turned in towards your body.

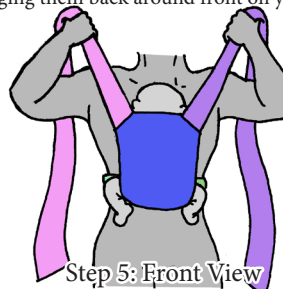
**CLOSE ENOUGH TO KISS** – your baby's head should be as close to your chin as is comfortable. By tilting your head forward you should be able to kiss your baby on the head or forehead.

**KEEP CHIN OFF THE CHEST** – a baby should never be cradled so their chin is forced onto their chest as this can restrict their breathing. Ensure there is always a space of at least a finger width under your baby's chin.

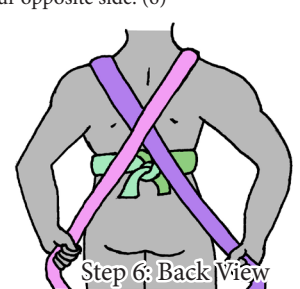
**SUPPORTED BACK** – in an upright carry a baby should be held comfortably close to the wearer so their back is supported in its natural position and their tummy and chest are against you. If a sling is too loose they can slump which can partially close their airway. This can be tested by placing a hand on your baby's back and pressing gently – they should not want to be positioned in a cradle carry or a pocket or ring should be positioned carefully with their bottom in the deepest part so the sling does not fold them in half pressing their chin to their chest.

# Helpful References

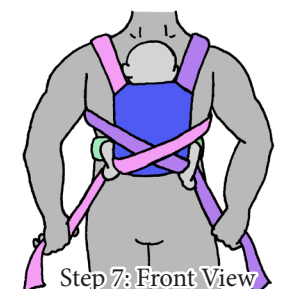
Holding the shoulder straps **FIRMLY**, pull them straight upward and gently bounce baby in order to remove any slack from the body panel. (5) Let the straps fall over back over your shoulders and reach back one hand at a time, holding baby with the opposite hand, crossing each strap over your back in an X and bringing them back around front on your opposite side. (6)



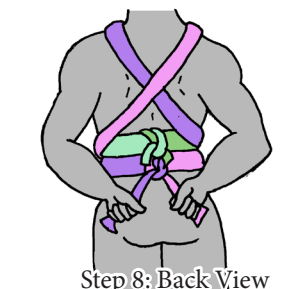
Step 5: Front View



Step 6: Back View



Step 7: Front View



Step 8: Back View

Pull firmly on the straps to tighten, making sure the carrier is holding the baby snugly against your chest. Bring the straps **OVER** the first leg, crossing over baby's bum and then passing **UNDER** the second leg, and tie with a double knot behind your back. (7, 8)

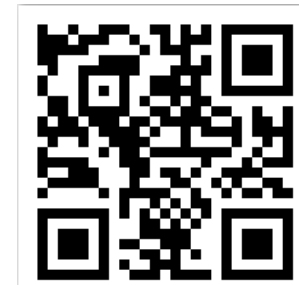
*If the "X" where the straps cross over baby's bum keeps sliding down and pinching baby's legs with the straps, twist the two straps together once over baby's bum and then bring the end of the strap back under the same leg it went over.*

*If the straps are too short to tie behind you, simply pass them over baby's first leg on each side and then tie in a double knot underneath baby's bum.*

*Double check the T.I.C.K.S. rules upon finishing.*

To wash your mei dai, put it inside a pillowcase or laundry bag and wash on cold. Tumble dry low.  
Never use bleach or fabric softener on your carrier. Bleach will damage the fibers and fabric softeners can cause the fabric to slip through the knots too easily. Liquid detergents are better for the fabric than powdered.  
If you can't find a local babywearing group, take a mirror selfie and post it to an online babywearing group such as the Facebook group for your local BwI chapter or a global group like Everyday Babywearing. Discomfort while wearing is often fixable with a few easy adjustments that a babywearing educator can help with.

## Protips:



Using a Meh Dai with a Newborn



Basic Meh Dai Front Carry



Everyday Babywearing Facebook Group