



# Moby Wrap Information

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## Be comfortable.

The Moby Wrap design uses your entire back, as well as your shoulders, to carry the weight of your 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 and your baby.

## Be secure.

With the single stretch cotton and wide girth of the Moby Wrap, your baby is wrapped close and tight, insuring a secure hold. Your baby's head can also be tucked under the stretchy cotton fabric for added safety. You can finally have both hands free and know your baby is safe and secure. The Moby Wrap comes with easy-to-follow instructions and a website featuring the various wrapping techniques.

## Be uniquely close to your baby.

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

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

[info@mobywrap.com](mailto:info@mobywrap.com)

toll free: 1-888-879-1153

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### 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 your baby often and close. The Moby Wrap allows you to do this with ease.

### Practice.

It may take 3-5 attempts of 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 your baby to the Moby Wrap make sure baby is fed and happy.

### Machine washable.

The Moby Wrap is easy to clean. 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.

### Our 30-day, money-back guarantee.

If you are not fully satisfied with your Moby Wrap, simply return it to the address below within 30 days of purchase. Please include your name, address and reason you are returning the wrap so we can process your refund promptly. Your refund amount will be based on the merchandise total. Shipping fees are non-refundable.

Moby Wrap, Inc.  
5085 Paso Venado  
Carmel, CA 93923



# Wrapping Instructions

with Maria



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



2. Cross the two sides behind your back and bring over your shoulders, back to front.



5. Cross the end pieces in the front and bring the fabric behind your back.



6. You now have the option of tying a knot here.



**3. Tuck one end of the Moby Wrap under the logo section, top to bottom.**



**4. Tuck the other end under the logo section.**



**7. If there is enough fabric, bring the wrap back to the front and tie a double knot.**



**8. Spread the fabric over your shoulders and back for a comfortable fit.**



# Moby D Wrapping Instructions

with Maria



1. Place the Moby D across your waist with the fabric panel centered at your navel.



2. Cross the two sides behind your back and bring over your shoulders, back to front.



5. Cross the end pieces in the front and bring the fabric behind your back.



6. You now have the option of tying a knot here.



**3. Tuck one end of the Moby D under the fabric panel, top to bottom.**



**4. Tuck the other end under the fabric panel.**



**7. If there is enough fabric, bring the wrap back to the front and tie a double knot.**



**8. Spread the fabric over your shoulders and back for a comfortable fit.**



# Newborn Hug Hold

with Satu and Phoebe, 3 weeks



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

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



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

5. Spread the other section of fabric over your baby's body.



3. Slide the baby down your chest and into the section of fabric that is closest to your body. The baby's legs will remain in the fetal tucked/lotus position.



6. For added security, find the logo tag and pull this section of fabric up and over baby.

Newborn babies with colic, gas, or acid reflux prefer being carried in an upright position versus a position like the Cradle Hold.

"Kangaroo Care" is skin-to-skin babywearing, where the baby and the baby-wearer's skin are in direct contact for 2-3 hours a day. Skin-to-skin contact has been found useful in promoting growth in low birth weight babies.

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.

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, or try the Cradle Hold.



# Cradle Hold

with Lauren and Caroline, 3 months



1. Fold the fabric that is over your shoulders in half. This will create a pocket on each shoulder.



2. Carefully place baby's upper body into the pocket that is closest to your heart.



4. Place the baby's legs into the opposite pocket. Spread the fabric over baby's legs, bottom and back.



5. Find the logo section from the center of the Moby Wrap. Gently pull this portion of the fabric up and over baby.



3. Spread the fabric over baby's torso and bottom, supporting your baby with your other arm.



6. Spread the fabric on your shoulders for a comfortable fit.

Your baby should fit snugly in the Moby Wrap.

As your child grows, adjust how tightly you wear the Moby Wrap.

The Cradle Hold lets you nurse discreetly. Look for more details on nursing in your Moby Wrap in the back of this instructional guide.

For first time mothers and for newborns who are finding the nursing relationship somewhat challenging, we recommend beginning to nurse with the baby outside of the Moby Wrap.

Contact your lactation consultant, midwife, or local hospital for more advice on breastfeeding and newborn care.

For more information, please visit our website at:

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



# Hug Hold

with Joleen and Bella, 5 months



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



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



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



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



**3. Spread the fabric over baby's bottom and shoulder.**



**4. Tuck baby's second leg under the opposite piece while supporting the upper body.**



**7. Pull the logo piece of fabric up and over baby.**



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



# Lotus Hold

with Satu and Phoebe, 4 months



1. Holding baby tightly, place one leg through the shoulder piece closest to your body.



2. Locate the other shoulder piece and put baby's leg through it.



4. Now, spread the other shoulder piece over the baby's torso.



5. Locate the fabric panel and pull it up and around baby's legs, creating a pouch.



3. Spread the fabric that is closest to your body over the baby's groin and abdomen.



6. You may move the baby's legs through the fabric panel to transition to the Joey Hold.

Babies need to have developed good head control before facing out towards the world.

Babies may be worn facing forward starting at around 4 months. Head control is a developmental milestone which is typically fully mastered by 6 months.

Here are just some of the reasons to carry your baby:

- 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

- is a natural soothing baby tranquilizer which helps fussy or tired infants fall asleep



# Joey Hold

with Diane and Dana, 12 months



1. Holding baby tightly, place one leg through the shoulder piece closest to your body.



2. Locate the logo piece and put baby's leg through it.



5. Tuck the second leg through the logo piece.



6. Spread fabric across baby's groin and shoulders.



**3. Spread the fabric over baby's groin and abdomen.**



**4. Place the other leg through the opposite shoulder piece while securely holding baby.**



**7. Pull the logo piece up and over for added security.**



**8. Adjust the fabric on your shoulders for a comfortable fit.**



# Hip Hold

with Beth and Jenna, 12 months



1. Place the Moby D over your shoulder on the same side you would like to carry your baby.



2. Take the fabric piece from behind your back and bring it around the front to your opposite hip.



5. Tie a double knot at your waist.



6. Lower baby to your hip, underneath the shoulder piece and the waist section of fabric.



- 3. Bring the front piece of fabric across the front of your body towards the opposite hip.**



- 4. Continue wrapping the front fabric section around your back and the back section around your front.**



- 7. Spread the fabric of waist piece securely over baby's bottom.**



- 8. For added safety and comfort, spread the shoulder piece over baby's bottom and torso.**



# Hike Hold

with Lauren and Scarlet, 10 months



1. With the assistance of a partner, lift baby on your back making sure the fabric panel is spread over baby's bottom. Lean forward to help keep baby on your back.

2. Take one end of the Moby Wrap and move it from under your arms to the opposite shoulder across your body.



5. Pull tight on ends.

6. Cross ends over baby's back and bring under baby's legs.



**3.** Make sure you keep fabric pulled tight as you wrap.



**4.** Cross the other end over to the opposite shoulder. Both fabric pieces are now crossed on your chest.



**7.** Wrap the fabric around your waist and tie a double knot. Spread the fabric across baby's back and bottom.



**8.** Have help from a partner available and wrap over soft surfaces to keep baby safe.



# Twins Hug Hold



1. Wrap as instructed in the wrapping instructions. Locate the shoulder piece that is closest to your body.



2. Place the larger of the twins on the opposite shoulder.



4. Place the smaller twin in the other pocket. Again, the baby's legs will be tucked inside the pocket.



5. Pull the logo tag up and over both babies.

## with Margaret, Alex & Sterling, 6 weeks



3. Slide the baby down your chest and into the section of fabric that is closest to your body. The baby's legs will remain in the fetal tucked/lotus position.



6. Snug and comfy in the Moby Wrap.

Twins like to share space.

After sharing the womb for nine months, twins are used to sharing space. Hospitals nursing premature twins have found that if the twins are allowed to share an incubator they will find each other and gain weight faster than if kept apart.

Twins may only enjoy being held together for the first few months.

Babies will cue you when they are ready to be out of this position by starting to stretch their legs.

For online information about parenting twins:

[www.twinsmagazine.com](http://www.twinsmagazine.com)



# Twins Cradle Hold



1. Fold the fabric that is over each shoulder in half. This will create two pockets, one on each shoulder.



2. Carefully place the larger of the twins in the pocket that is closest to your body, by placing the baby's head, shoulders and bottom in the pocket.



4. Place the smaller twin's head, shoulders, and back in the pocket atop the larger twin's feet.



5. Spread fabric over babies' bodies. The smaller twin's feet will go in the other pocket.

## with Margaret, Alex & Sterling, 6 weeks



3. Spread fabric over baby. The larger twin's feet will go in the other pocket.



6. Pull the logo tag up and over both babies for added security.

Babywearing twins, words from mothers....

"able to wear both babies in one Moby Wrap for 4-6 weeks"

"carried my 20-month-old twins by wearing one baby in the Moby Wrap and the other baby in a backpack carrier"

"had two Moby Wraps; one baby with me and the other baby with dad...or grandma"

"comfortable having one twin in the Moby Wrap and the other holding my hand or up on my hip"

Recommended books on twins:

- "Twins!" by Agnew, Klein and Ganon
- "Mothering Twins." by Ibi, Johnson, Catlin, Deurloo and Greatwood



# Nursing in your Moby



1. Starting from the Hug Hold, gently pull the logo section of fabric down.



2. Open the shoulder sections of fabric so you can lift your baby straight up.



4. While holding the baby's head and neck, open the shoulder section of fabric that is closest to your body and gently lower baby's head towards the breast.



5. Reach under the shoulder section of fabric where the baby's legs are sticking out and pull the piece of fabric that is closest to your body so that it is securing the baby's head, shoulders and bottom.

## with **Natasha and Quincy, 6 weeks**



3. As you lift your baby, pull the baby's leg out of the shoulder section of fabric that is closest to your body. Reach inside the opposite shoulder section and turn the baby's legs. Now you should have both of the baby's legs outside one of the shoulder sections.



6. You may pull the logo section up and over for added security and privacy.

Try to keep your baby's body and head in a straight line when nursing. Think about keeping your bodies stomach-to-stomach while nursing.

At home, practice nursing in your Moby without wearing a shirt. While out, try wearing nursing shirts or button-down shirts to avoid having to tuck and un-tuck your shirt from under the Moby.

Remember that your child will become more comfortable with nursing with practice and that babies are wonderful at using cues to tell you what they need. Some babies do not like the fabric over their heads while nursing. Some babies prefer to nurse in the upright position like the Hug Hold. Be patient and be willing to try different positions.

For information about breastfeeding contact:  
[www.lalecheleague.com](http://www.lalecheleague.com)



# Moby Exercises

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A must have for every new mom is a front pack carrier. These handy holders let mom carry baby around and keep her arms free. Baby loves the motion and being close to mom and she loves the freedom. What moms might not realize is that the same carrier can also be 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 only downside we can find with a front pack carrier is that it can wreak havoc on your posture. New moms already suffer from posture problems aggravated from 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.

What else can you do with a Front Pack Carrier? Although not appropriate for running or even power walking (because of keeping baby stable), even a slow walk will 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. So long as baby's head is supported and you can maintain good posture, you're set to get fit!

## Front Pack Workout Tips

Most front pack carriers start small babies off facing the chest. After your baby has sufficient head control -- you can face him out for a view of the world. A properly fitted carrier is easier on your body (than holding him), because it distributes your child's weight evenly. Carriers can generally be used for newborns and toddlers up to about 30 lbs.

## Front pack workout by Lisa Druxman, founder of Stroller Strides

### 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 carrier, stand with feet wide, toes turned out at a comfortable angle. Pull abdominal muscles in flat to support your back and the baby. Slowly lower down until your thighs are near parallel to the floor, keeping knees and toes in alignment. Slowly squeeze thighs and glutes 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.



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



# Moby Exercises



## 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 deep. If you feel off balance, make your stance wider.

with Maria and Weston, 5 weeks.

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## 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!

