

**IMPORTANT! READ CAREFULLY AND KEEP  
FOR FUTURE REFERENCE**



Flexible Carrying  
*Complete Freedom*



for babies weighing  
3.2kg-15kg (7lbs-33lbs)



## INSTRUCTION MANUAL

Applies to Izmi® baby carrier models **IZBC-CO** / **IZBR-CM**

# Your Izmi® Carrier

All the simplicity and intimacy of a wrap with the ergonomic support and comfort of a soft structured carrier.

**Important Information:** Please read this instruction manual carefully before you use your Izmi® baby carrier. More information, advice and videos can be found on our website [www.izmibaby.co.uk](http://www.izmibaby.co.uk)

This carrier is suitable for use with babies from newborn (3.2kg/7lbs) to toddler (15kg/33lbs). The width and height of the carrier seat can be adjusted as needed to ensure a good fit at all stages.

## To Ensure Your Baby's Safety:

- Always follow the guidelines for safe carrying (see pages 11-12 for further information).
- When using the carrier continue to monitor your child at all times.
- Be aware of hazards around you whilst using the baby carrier; avoid heat sources, hot drinks and unsafe environments.
- Stop using the carrier if any parts are missing or damaged.
- Use one Izmi® baby carrier to carry one child only. See page 12 for advice on carrying more than one child.
- Regularly inspect your carrier for any signs of wear and damage.
- Keep this carrier away from children when it is not in use.

## WARNINGS! When using your Izmi® baby carrier:

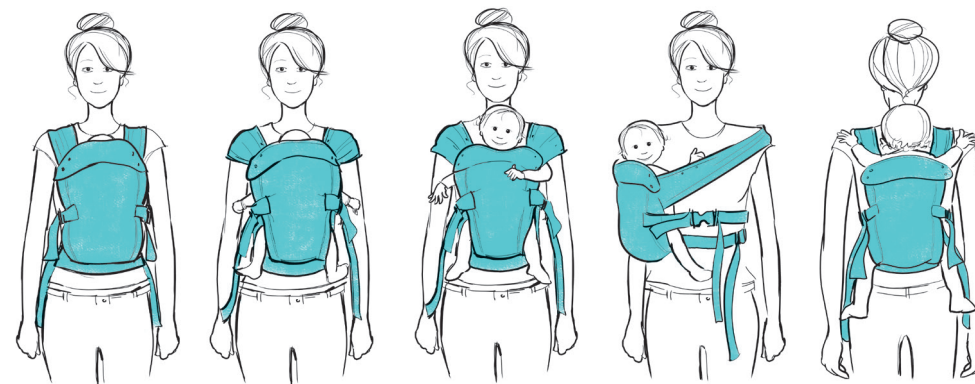
- For pre-term, low birthweight babies and children with medical conditions, seek advice from a health professional before using the product.
- Your balance may be adversely affected by your movement and that of your child.
- Take care when bending or leaning forward or sideways.
- This carrier is not suitable for use during sporting activities.
- Constantly monitor your child and ensure that nose and mouth are unobstructed.
- Ensure your child's chin is not resting on its chest as breathing may be restricted, which could lead to suffocation.
- To prevent hazards from falling ensure that your child is securely positioned in the sling.
- The carer should be aware of the increased risk of your child falling out of the sling as it becomes more active.

Izmi® baby carriers are tested to Safety Standards EN 13209:2-2015 and CEN/TR 16512:2015. **Product Warranty and Registration:** Register your Izmi® baby carrier online at [www.izmibaby.co.uk](http://www.izmibaby.co.uk)

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## Flexible Carrying, *Complete Freedom*



Share your babywearing photos with us!

f IzmiBaby    @ izmi\_baby    IzmiBaby

[www.izmibaby.co.uk/support](http://www.izmibaby.co.uk/support)

[info@izmibaby.co.uk](mailto:info@izmibaby.co.uk)

# Izmi® Features & Parts

## 1 Shoulder Straps

can be spread wide for optimum weight distribution

## 2 Headrest

for added support and comfort  
(See page 5 for more details)

## 3 Waistband

with hidden seat adjustment system

## 4 Dual Adjustable Buckles

for securing the shoulder straps

## 5 Poppers

for securing and adjusting the headrest

## 6 Ergonomic Adjustable Width Seat



7



8

## Removable Components

Please store these carefully:

## 7 Booster Cushion for Smaller Babies

to adjust baby's height in the carrier

## 8 Sternum Strap for back carrying

can be removed when not needed



## 9 Izmi® Breeze Carrier Only: Extra-breathable mesh panel

Watch our helpful videos to find out how to make the most of your Izmi® baby carrier:  
[www.izmibaby.co.uk/advice-and-faq-videos](http://www.izmibaby.co.uk/advice-and-faq-videos)

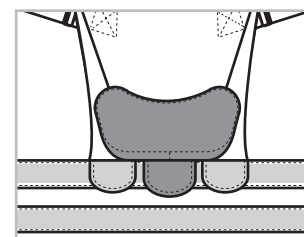
# Getting Started...

Izmi® baby carriers are incredibly adjustable to fit babies and parents of almost every shape and size. A good fit for parent and baby will ensure the best support and comfort while using your Izmi® baby carrier. For further support please visit our website [www.izmibaby.co.uk/support](http://www.izmibaby.co.uk/support)



## 1. Adjusting the seat width:

Lay the carrier flat and face down. Open the hidden pocket in the waistband to reveal the hook-loop width adjustment system. Position the tabs of the carrier seat to fit your baby's size. To check the best seat size watch our video: [www.izmibaby.co.uk/advice-and-faq-videos](http://www.izmibaby.co.uk/advice-and-faq-videos). Be sure to insert the tabs fully into the waistband. Close the pocket and press firmly to secure.



## 2. Adjusting the seat height:

If the carrier seems too high for your baby, use the booster cushion to lift them up. Secure the Booster Cushion into the carrier waistband by inserting the hook-loop tab fully into the middle of the waistband pocket. Close the pocket and press firmly to secure. Remove the cushion when it is no longer needed.

## 3. Adjusting the shoulder straps:

Izmi® baby carriers can be worn with the shoulder straps sitting on top of your shoulders, or with the fabric spread out over your shoulders to distribute the weight more widely.

Izmi® baby carriers come with a removable Sternum Strap. You need to attach the Sternum Strap for use with Back Carries. The Sternum Strap may be detached when not needed.

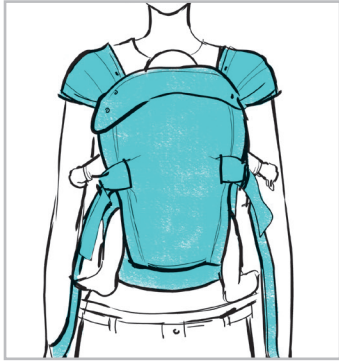
## 4. Supporting your babies head:

For babies aged 0-4 months and when additional head support is needed (e.g. for sleeping): Open the carrier headrest up and secure it in place on one or both sides using any of the poppers located on the carrier shoulder straps. The headrest should support your baby's neck and the back of their head, ensuring that their head stays stable as you move around. Do not cover your baby's face with the headrest fabric. Watch our video for great tips on head support in the Izmi® baby carrier: [www.izmibaby.co.uk/advice-and-faq-videos](http://www.izmibaby.co.uk/advice-and-faq-videos).

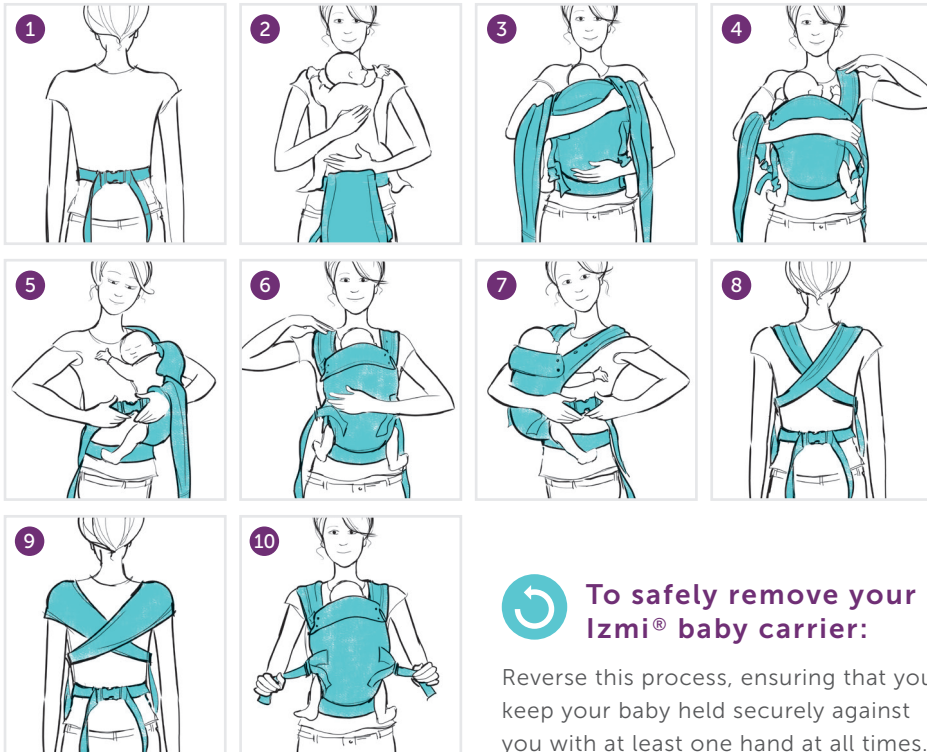


## Front Carry

Suitable from newborn (3.2kg/ 7lbs) to toddler (15kg/33lbs). See video instructions at [www.izmibaby.co.uk/videos](http://www.izmibaby.co.uk/videos)



- Always adjust seat width to fit your baby before you start.
- Booster Cushion may be used for a higher seating position.
- Keep at least one hand supporting your baby at all times until the carrier is fully secured.
- **For babies 0-4 months and when additional head support is needed:** Open the carrier headrest up and secure it in place using 1 or 2 of the poppers located on the shoulder straps to stabilise your baby's head.

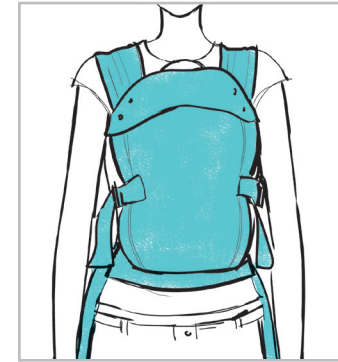


### To safely remove your Izmi® baby carrier:

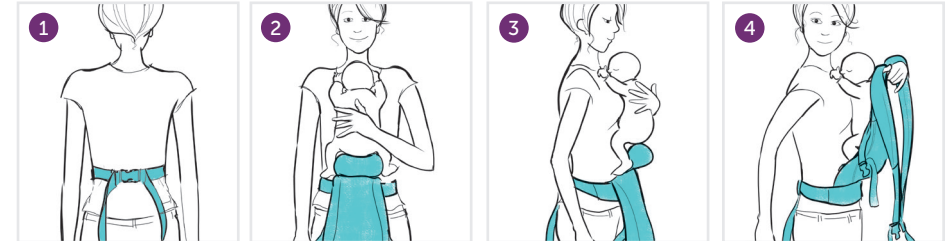
Reverse this process, ensuring that you keep your baby held securely against you with at least one hand at all times.

## Newborn Variation using the booster cushion

Suitable for some babies 0-2 months (3.2kg/7lbs to 5kg/12lbs approx). See video instructions at [www.izmibaby.co.uk/videos](http://www.izmibaby.co.uk/videos)



- Use the booster cushion to lift a smaller baby higher in the carrier. The back of the carrier should reach to the top of your baby's neck, and should not cover their face. If the carrier does not reach high enough then remove the booster cushion.



**5**  
Repeat Steps  
4-10 of Front  
Carry (page 6).

### To safely remove your Izmi® baby carrier:

Reverse this process, ensuring that you keep your baby held securely against you with at least one hand at all times.

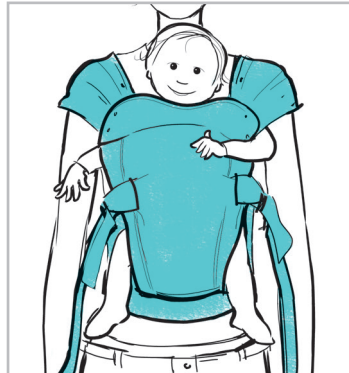
# Front Facing Carry



**For short periods of carrying only.**

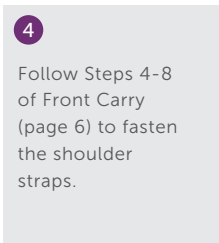
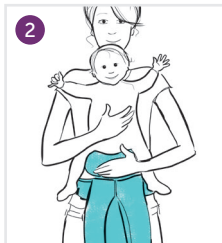
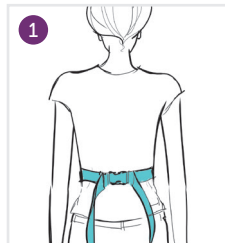
Suitable for babies with full head and neck control (4m+).

See video instructions at [www.izmibaby.co.uk/videos](http://www.izmibaby.co.uk/videos)

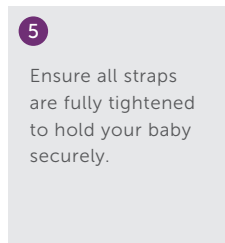


- Always adjust seat width to fit your baby before you start.
- Booster Cushion may be used for a higher seating position, and to increase baby's comfort.
- Keep at least one hand supporting your baby at all times until the carrier is fully secured.

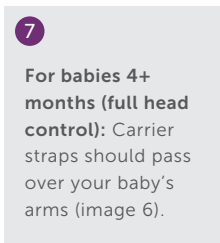
**CAUTION!** For optimum support and comfort do not use this position for extended periods. Always turn baby to face you for sleeping.



Follow Steps 4-8 of Front Carry (page 6) to fasten the shoulder straps.



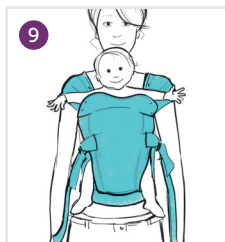
Ensure all straps are fully tightened to hold your baby securely.



**For babies 4+ months (full head control):** Carrier straps should pass over your baby's arms (image 6).



**For babies 6+ months (sitting unaided):** Carrier straps may also pass under your baby's arms (image 9).

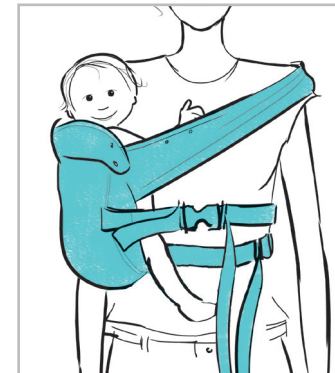


**To safely remove your Izmi® baby carrier:**

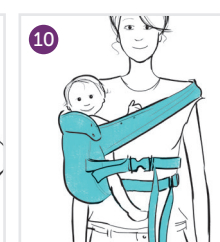
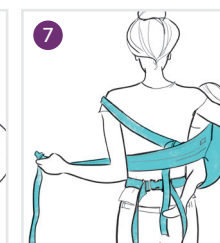
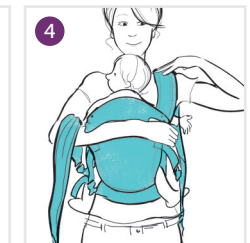
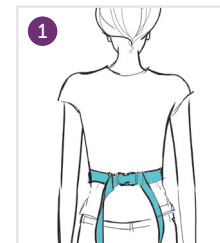
Reverse this process, ensuring that you keep your baby held securely against you with at least one hand at all times.

# Side Carry

Suitable for babies with full head and neck control (4m+). A supportive alternative to the front facing carry for babies who like to look around. See video instructions at [www.izmibaby.co.uk/videos](http://www.izmibaby.co.uk/videos)



- Always adjust seat width to fit your baby before you start.
- Booster Cushion may be used for a higher seating position.
- Keep at least one hand supporting your baby at all times until the carrier is fully secured.
- **For babies 0-4 months and when additional head support is needed:** Open the carrier headrest up and secure it in place using 1 or 2 of the poppers located on the shoulder straps to stabilise your baby's head.

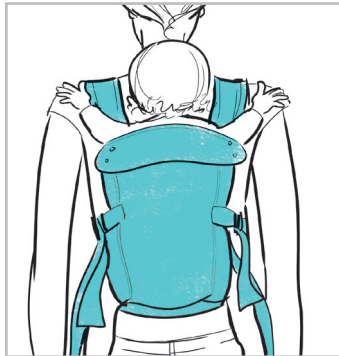


**To safely remove your Izmi® baby carrier:**

Reverse this process, ensuring that you keep your baby held securely against you with at least one hand at all times.

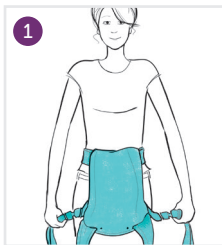
# Back Carry

Suitable for babies who can sit unaided (6m+ approx). See video instructions at [www.izmibaby.co.uk/videos](http://www.izmibaby.co.uk/videos)

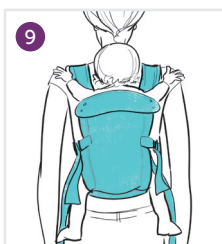
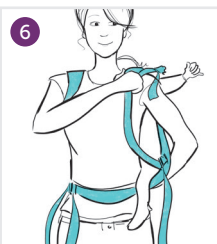
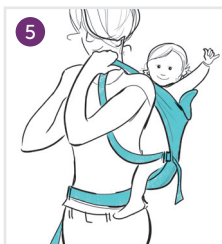
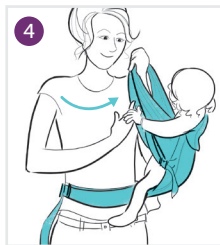



- Always adjust seat width to fit your baby before you start.
- Booster Cushion may be used for a higher seating position.
- Ensure your baby is supported from falling at all times until the carrier is fully secured.

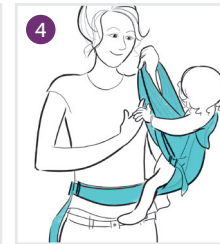
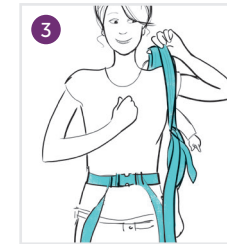
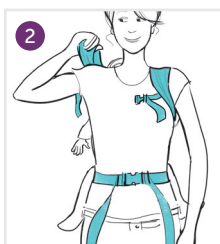
Practice with someone to help you until you have safely mastered back carrying.



2 Attach Sternum Strap by sliding on to the shoulder strap. Follow Steps 1-3 of Front Carry (page 6).



 To safely remove your Izmi® baby carrier:



## Safety & Positioning for all Carrier Positions

**Important Information:** Please read this instruction manual carefully before you use your Izmi® baby carrier. More information, advice and videos can be found on our website [www.izmibaby.co.uk/support](http://www.izmibaby.co.uk/support)

To ensure the safety of a baby in a sling or carrier, always check that the baby's:

- ✓ **Airways** are protected and unobstructed
- ✓ **Head** is supported
- ✓ **Spine** is supported

### Airways:

- ✓ No fabric covering face
- ✓ Face and nose visible at all times
- ✓ Chin is not pressing into their chest

### Head:

- ✓ Head supported in line with spine
- ✓ Head remains stable as you move around
- ✓ Give additional head support as needed for sleeping

### Spine:

- ✓ Support the spine to prevent your baby from slumping and to give you a snug comfortable fit
- ✓ Baby's spine should be supported by the carrier according to their developmental stage:

From newborn: Fully supported to the very top of their neck.

By around 4-5 months (baby can stabilise head while awake): Supported to the top of their back, level with their shoulders.

By around 7-9 months (baby can sit unaided): Supported up to their armpits (higher if preferred).

Good positioning of your baby in your Izmi® baby carrier will make it easier and more comfortable to use. Ensure that all straps are tightened to support your baby's weight snug and secure against your body. If your baby can lean away from you or is held too low then carrying will quickly become tiring and uncomfortable. Be aware that all babies are different, and react differently when carried in different positions.

Watch our helpful and informative videos to find out how to best position your baby in your Izmi® baby carrier at [www.izmibaby.co.uk/support](http://www.izmibaby.co.uk/support)

### Carrying Height:

For your baby's safety, carry your baby so that you can easily kiss their head. A good guide is to position your baby at the height that you naturally hold them in your arms. This will help ensure that your baby's weight is supported with minimum strain and maximum support.

### Hip Healthy Positioning:

To support healthy hip development, position your baby with their legs in their natural 'froggy legged' position; knees higher than hips/bottom and feet lower than knees. Benefits of this natural positioning for hips and legs include:

- ✓ Recommended for healthy hip development
- ✓ Supports good positioning for your baby's pelvis and spine
- ✓ Improves ergonomic weight distribution for you, making carrying more comfortable





### Hip Healthy Positioning continued...

Young babies hold their legs close to their body in a foetal, 'tucked up' position. As they grow their legs will gradually open out to a wider 'spread squat' position. Do not force a baby's legs into a wider position than they are ready for; check how your baby naturally holds their legs when carried in your arms or in an infant car seat, and adjust the carrier seat accordingly.

### Spine and Pelvis Positioning:

- ✓ Spine supported in its natural 'J' shaped curve without slumping.
- ✓ Pelvis tilted up towards the carrying adult. This pelvic tilt helps to relax your baby's spine and will lift the knees up into their natural 'froggy legged' position.

## Using your Izmi® Carrier in Special Situations

Izmi® baby carriers may be adapted for use in many situations. Always ensure that all safety advice is followed. Do not use your carrier in special situations if you are at all unsure about suitability or your baby's safety. Seek advice from a health professional and/or babywearing consultant.

### Breastfeeding in your Izmi® Baby Carrier:

Izmi® baby carriers may be used as an aid to breastfeeding, provided all safety measures above are followed. To protect the baby's airways, ensure that their spine is supported, that no fabric covers their head or face and that they can breathe freely through their nose. Support their head with a hand or arm until they have the head and neck control to latch on and off by themselves (5+ months approx).

**Monitor your baby at all times while feeding, and return them to an upright position as soon as they have finished.**

### Low Birthweight and Premature Babies:

**IMPORTANT:** Babies born prematurely and/or with a low birth weight are at greater risk of suffocation. Take extra care, and seek advice from a health professional before using your carrier.

The guideline age-ranges in this manual may not be realistic if your baby/babies were born prematurely. Check your baby's level of postural control for each carrying position, and do not use the carrier if you are concerned for your baby's safety.

### Carrying Multiples or Siblings:

**Please read important information about premature and low birthweight babies above.** For 2 babies aged 4+ months, and who can support their head unaided: You may use two Izmi® baby carriers to carry two babies with one baby on each hip. **For 2 babies aged 6+ months, and who can sit unaided:** You may use two Izmi® baby carriers to carry two babies with one baby on the front, and one on the back. Ensure that any baby carried on your back is able to sit unaided.

More information can be found on our website [www.izmibaby.co.uk](http://www.izmibaby.co.uk)

Izmi® baby carriers are tested to Safety Standards EN 13209:2-2015 and CEN/TR 16512:2015. Fabric outer, lining and straps 100% cotton. Mesh panel 100% polyester (Izmi® Breeze). **Washing instructions:** Machine washable on a cold, gentle cycle. Do not bleach. Reshape while wet and hang dry. Do not tumble dry. Do not dry clean. Do not iron. Patent Pending. Designed in the UK. Made in China.

[www.izmibaby.co.uk](http://www.izmibaby.co.uk)

[info@izmibaby.co.uk](mailto:info@izmibaby.co.uk)

f IzmiBaby    i izmi\_baby    t IzmiBaby