



MAMARUGA

Zensling

# User Manual



# Zensling



Thank you for choosing Mamaruga!  
We hope that you and your baby going to share  
nothing but great moments in Happyness!  
With love: Mamaruga

## Safety instructions:

- Only use this carrier for children between 3 kg (6.6 lb) -20 kg (44.09 lb)
- For low birthweight babies and children with medical conditions, seek advice from a health professional before using the product.

## IMPORTANT KEEP IT FOR FUTURE REFERENCE! WARNING!

- 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 to use during sporting activities
- Conforms to BS EN 13209-2:2015
- We recommend from newborn till 'knee to knee' position.
- Do not use this carrier with babies smaller than 3 kg (6,6 lb)
- Never use your carrier during any risky activities, eating hot food
- When you are wearing your baby, please use your common sense at all times
- Never use a carrier with any sign of defects or damage
- Always check to ensure that all knots and adjustments are secure.
- There must be at least 5cm length of webbing either side of the buckle clip after tightening it
- Ask someone to assist you at all times until you are confident in fitting the carrier with your baby
- Always make sure the baby's face is clear from obstruction. Beware at all times of your baby's breathing
- Check your baby regularly in the carrier (safety and correct position)

- Never place more than one baby in your carrier at a time
- DO NOT use the carrier in an outward facing position
- Never leave a baby or child unattended with the carrier
- Mamaruga recommends that you always follow the TICKS Rule for Safe Babywearing.

## Looking after your Zensling:

- Wearing your baby is a very ancient and natural way. At Mamaruga we believe our ancestors' heritage.
- Mamaruga only use fabrics that are non toxic and safe for babies
- Please follow the instructions on the label.
- We recommend that to use liquid detergent. Do not use a fabric softener as this causes the buckles to become slippery and in time will weaken the threads of the fabric.
- 96% cotton, 4% lycra, polyester padding



## Help needed?

- Lots of other useful info can be found at [www.mamaruga.com/](http://www.mamaruga.com/) on our facebook page: [mamaruga/instagram](https://www.facebook.com/mamaruga/instagram) page: [Mamarugababy](https://www.facebook.com/mamarugababy).
- If you are ever in doubt with your product or how to use it, please don't forget that mamaruga team is only an email away. We will try our best to get back to you as soon as we can. Please send your email to [info@mamaruga.com](mailto:info@mamaruga.com)
- Each of our products has a special batch number.
- This number is recorded in our database, so we always know when it was produced. This gives an extra safety guarantee for our products.
- Customer satisfaction is our top priority. We would like you to share your opinions regarding our products.

# Setting up your Zensling

# Zensling

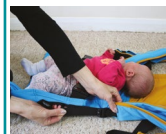
1

**NEWBORN:** Always adjust the carrier to the baby's size prior to putting it on. Place the carrier on a flat surface.



4

Pull downwards on the side extension adjustments, until the top of sling is inline with the nape of baby's neck.



2

First size the sling to your baby. Lay the baby upon the sling. The baby's bottom must be placed at the waist-belt.



5

Pull upwards on the lower side adjustment webbing. This lifts up the knees creating a froggy position.



3

Gather in the adjustable waist-belt until it is the same width as the baby's knee-to-knee position.



6

The carrier is now set-up and ready to use.



2



# Front carry

Zensling

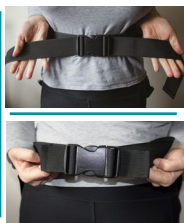
1

Place the carrier on your front and clip the buckle at the back. Tighten it securely.



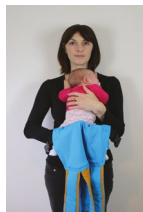
2

**Buckle safety:** Always make sure you tighten the waistbelt straps securely before you put your baby in the carrier. There must be at least 5cm length of webbing either side of the buckle clip after tightening it.



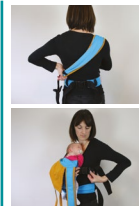
3

Place the baby onto your chest and spread the carrier upwards along baby's back. The top of the carrier should be at shoulder height of the baby.



4

Place the carrier's arm strap over your shoulder. Support the baby with one hand and place the free hand around your back and take hold of the opposite arm strap. Pull in a downwards motion first and then bring it across your back and clip it into the opposite side buckle. Tighten it securely. Repeat with the other arm strap.



5

Tighten the slack in the carrier by gently pulling up on the arm strap at the front and feed the slack around your back to the side clip and tighten it. Repeat the other side.



For dual adjustable Zensling:

You can adjust the side strap pulling forwards and backwards for perfect comfort.



6

Check the 'froggy' position. Pull upwards on the side adjustments to create a lift to the knees if needed.



3



## Front carry

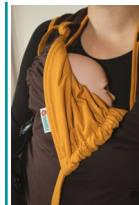
7

If the carrier is too long and obstructs the baby's face you can pull downwards on the side extension adjustments.



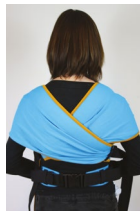
10

To use the hood: Tie the hood using the cords to the extra elastic strap, which is located on the shoulder strap. It is recommended to tie only one side at a time, leaving the face free from obstruction and always making sure the airways are clear.



8

For maximum comfort, spread out the straps over your shoulders.



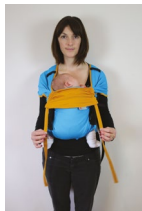
11

**Safety:**  
Check the baby's airways are free from obstruction. Check if the baby's body is supported and not slumped. Check if the baby is knee-to-knee position.



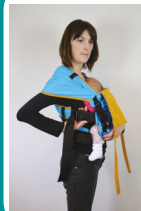
9

The hood can be used as a soft neck support. You can roll up the hood and tuck under baby's neck.

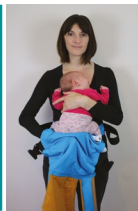


4

## Getting the baby down



Holding the baby with one hand securely, unclip the sides of the carrier and gently place the baby down safely. Unclip the waist belt and take the carrier off.



# Back carry 1

Zensling

1

Repeat steps 1 and 2 from 'Front carry' on page 3.

2

To set up your carrier, choose the side you prefer to hip scoot your baby around and onto your back. This side must have the arm strap unclipped. Fasten the opposite arm strap into the side clip and tighten it.



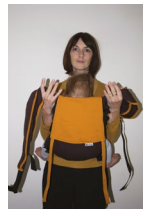
5

Slide the carrier around to your hip using your hip scoot hand.



3

Hold your baby centrally around your waist and spread the carrier upwards along his/her back.



6

Holding the arms straps firmly and close to you body, remove your hand from the baby's bottom and place it across your chest and into the clipped in arm strap loop.



4

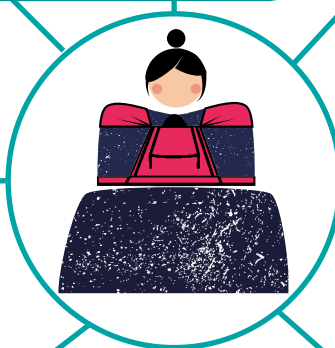
Hold the baby under the bottom with the hand that will hip scoot. Place the arm straps over the baby's shoulders and hold the straps securely under the baby's chin with the opposite hand



5

7

Continue to put the arm strap loop onto your shoulder. The same hand can reach around the baby's bottom/back and slide the carrier further around your back in a smooth motion.



# Back carry 1

Zensling

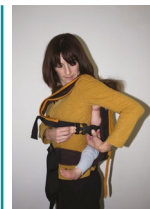
8

The arm strap loop should be upon your shoulder and feel secure. The baby should be moved into the centre of your back and the loop arm strap feels secure, let go while continue to hold the other arm strap taut. This keeps the baby close to your body.



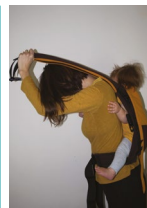
11

Secure the arm strap with your teeth or chin and with both hands fasten the clips into the side buckles.



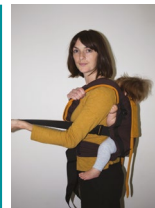
9

In a smooth motion, dip your head, swap the arm strap onto your other shoulder keeping it taut at all times.



12

Holding the arm strap securely, tighten the straps.



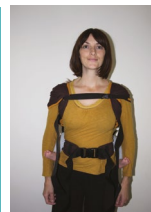
10

Continue to hold the unclipped shoulder strap taut at all times.



13

Thread the chest strap through the webbing on arm straps and clip. For extra comfort, pull down the extra shoulder strap material.



6



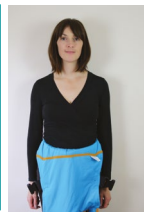
# Back carry 2

1

Repeat steps 1 and 2 from 'Front carry' on page 3.

2

Place the carrier on your front and clip the buckle at the back. Tighten securely.



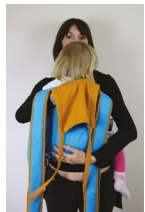
5

Slide the carrier around to your hip using your hand to hip scoot.



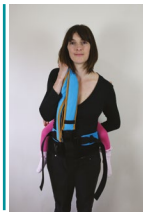
3

Pick up your baby/child and place him/her centrally on your waistline and spread the carrier upwards along his/her back.



6

Continue moving the child around to your back as much as possible, keeping hold of the arm straps securely and close to your body. You can use your free hand to support the child under his/her bottom.



4

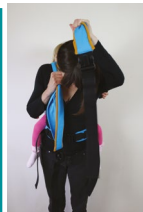
Hold the baby/child under the bottom with one hand for support. Place the arm straps over the child's shoulders and hold securely under the child's chin with the opposite hand.



7

7

Separate the shoulders straps in each hand. Lower your head and in a quick smooth motion move one strap over your head and onto your other shoulder. Grasp both arm straps securely together on your upper-chest.



**REMEMBER** to ALWAYS keep the straps taut so the child stays securely close to your body.



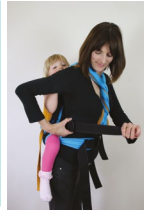


# Back carry 2

Zensling

8

Continue to keep the arm straps taut and make a couple of twists down the centre of your chest, clip at the sides and tighten securely.

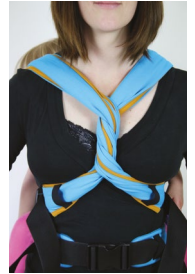


9

Check knee-to-knee position. Correct if necessary by increasing/decreasing the gather at waist belt. Pull upwards on the side adjustments to lift the knees higher if needed.

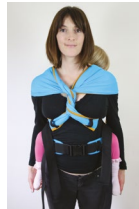


11



10

Optional : Adjust the shoulders to wide spread for extra comfort.



8



## Getting your baby/child down

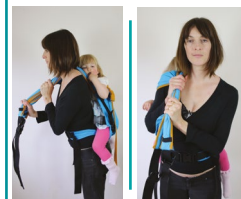
1

Hold the straps at the top of twist securely, and unclip the carrier at one side.



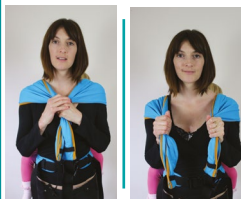
3

In a smooth motion, dip your head and swap the arm strap to your other shoulder, keeping it taut at all times. Hold both straps in both hands securely.



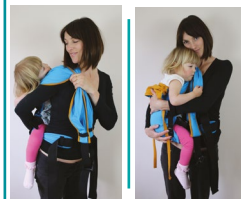
2

Hold the straps securely at your chest. Separate the straps in each hand still keeping straps taut.



4

Holding the straps in the opposite hand to where you will hip scoot, place your other hand under the child's bottom for support and slide the child around to your front. Quickly place your hand around your child to finish.



9





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CREATIVE BABYWEARING

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