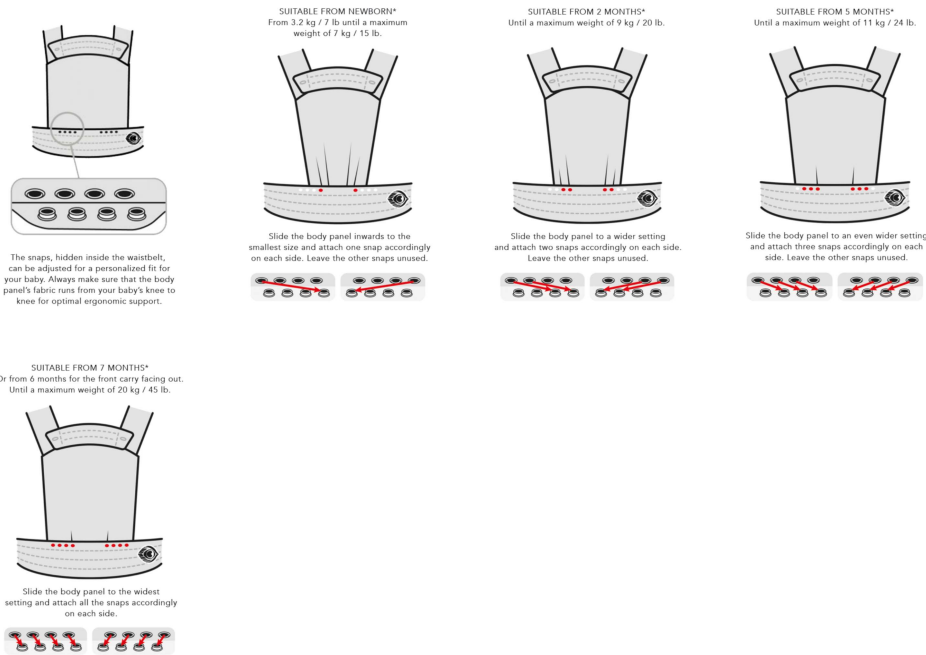


ADJUSTING YOUR ZEITGEIST BABY CARRIER

The [Zeitgeist Baby Carrier](#) is newborn ready and adjustable to different sizing positions meeting your baby's growth. It is suitable from newborn up to two years (7 lb – 45 lb / 3.2 kg – 20 kg). This guide outlines how to adjust the carrier's body panel and neck cushion.

Adjusting the body panel to four different sizing positions

The Zeitgeist Baby Carrier's body panel is adjustable to the four different sizing positions depending on the length and weight of your baby. Different sizes can be created by adjusting the snaps that are hidden inside the waistbelt as shown below.



*Please note that the described age should be used as a guideline. When adjusting the body panel's size, always check if your baby's knees are higher than his/her bum and if the fabric is fully supporting his/her thighs.

Assembling your Zeitgeist Baby Carrier for the front carry facing in

When adjusting the body panel's size to find the correct fit for your baby, always check if your baby's knees are higher than his/her bum and if the fabric is fully supporting his/her thighs. This is the "M" position, explained and shown below.



Adjusting the neck cushion to three different positions

The neck cushion can be adjusted to three different positions depending on the age of your baby and the desired neck support. These positions are shown below.

*Please note that the described age should be used as a guideline.

There are button holes and elastic loops attached to both sides of the neck cushion. With these button holes or elastic loops, you can attach the neck cushion to the gold finished buttons on your carrier's body panel or shoulder straps. For a tighter fit, you can use the neck cushion's button holes for more neck support. For a little more room for movement, use the elastic loops.

Assembling your Zeitgeist Baby Carrier for the front carry facing out

Wearing your baby facing out is advised from 6 months onwards. Using the facing out insert, when forward facing, ensures that your baby remains in an ergonomic position with the knees higher than the bum. When facing out your baby can easily become overstimulated, therefore we recommend to limit carrying your baby in this position to 15 minutes at a time.

The instructions below highlight how to find the correct fit for your baby when wearing him/her in the front carry facing out position, and how to adjust the neck cushion accordingly.

This guide outlines the [front carry facing in](#) and [front carry facing out](#). If your baby is at least six months old and has sufficient

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