



DIDYMOS®

The little babywearing guide



INTERNATIONAL
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INSTITUTE



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Dear parents,

Human babies are born to be carried and, with their instincts and reflexes, expect nothing more than to be carried. Nevertheless, many young parents assume that we can put our little ones down without complaint so that we can go about our business. With the birth of a baby, everyday life is thrown into turmoil, new ideas are born and new routines have to be made. After the birth of her twins, the third and fourth children, our mother Erika Hoffmann was looking for a practical way to continue her work without having to give up the closeness to us children. A wrap from South America – once brought by a friend – promised her a solution. She tried out various things – without any instructions – and soon it was impossible to imagine her everyday life without the sling. This is how DIDYMOS was born in 1972, because this practical idea quickly inspired other families.



More about DIDYMOS
and our story



With perseverance, our mother made contacts, among others with midwives and paediatricians, and found support. She laid the foundation for the return of babywearing to the western world with her sling and the tying techniques she developed for it. In the meantime, we, her daughters, continue to run DIDYMOS. Like our mother, we place unconditional value on quality and sustainability as well as responsible social action on the part of our company. And we also carry on the spirit of innovation: in addition to the wraps, DIDYMOS now offers a wide range of baby carriers. Together with our DIDYMOS team, we want to ensure that all parents and babywearing enthusiasts find the perfect solution for themselves and their baby. In the turbulent everyday life of a family, carrying is not only a practical relief, because it also and especially offers closeness, security and so much more. Today we welcome you to our world of babywearing and show you that it is much easier than it seems at first glance!

Erika Hoffmann
Anna Hoffmann
and the DIDYMOS-Team



The advantages of babywearing ...

... for the baby:

Babywearing is love: the closeness promotes a secure bond between the person carrying the baby and the baby.

Healthy and safe: Baby's back is safely protected and the spread-squat position supports hip development.

Do you want more info?
Look here:



Carrying promotes all the senses:

Hearing: Your baby hears the sounds of the world in a safe environment, your voice and heartbeat provide security.

Feeling: Your baby feels your closeness and gets caresses.

Smelling: Your baby notices your familiar smell and your surroundings.

Security: Your baby can snuggle up to you whenever he or she needs a break – on the side and everywhere. Carried babies cry less.

Body self-awareness: your movements train your baby's sense of balance and motor development.

Tasting: Breastfeeding and later a snack is also possible while being carried.

Seeing: Your baby sees the world at eye level.

... for the person carrying the baby:

Your hands are free:
This makes it easier for you to manage your everyday life with baby.

More freedom on the move:
In everyday life, on outings and when travelling, you can move safely and quickly with baby – even over obstacles, on uneven paths and when there are many people on the move.

All over the world
our babies are carried – if your baby is properly supported you can carry as much and as long as you want.

Always in view: You can react to your baby immediately and see that everything is all right.

Comfortable carrying:
A baby carrier allows for optimal weight distribution and pain-free carrying over a longer period of time.





The basis for safe and healthy carrying in sling and carrier

In order to always carry your baby safely and healthily, you should always observe the following points and you can do a small check-up after each carrying.

Check-up after tying:

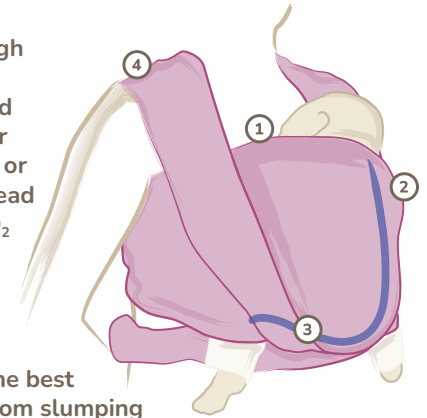
- Are my baby's airways clear at all times?
- Is the baby sitting upright?
- Is my child well-supported all around and is the back round when sleeping?
- Is the head well-supported?
- Does my child adopt the spread-squat position?
- Does the seat width reach from knee to knee?
- Are the child's lower legs and feet free to move?
- Does my child stay close to my body even when I lean forward?
- Are my hands free and can I move easily?
- Is the carrier or tying method comfortable for me even over a longer period of time?
- Have I adjusted or tied everything so that it is comfortable for me?

Do you want more info? Look here:



① Clear airways

To make sure that your baby gets enough oxygen, baby's nasal passages should always be free and clear so that exhaled air has space to go and she has fresh air to breathe in. The headrest, any cloths, or even large scarves should never be spread out over baby's entire head to avoid CO₂ accumulating.



② Secure hold

Your little baby should always be well held in the sling so that her body has the best possible support. This prevents baby from slumping and at the same time allows her back to round well according to her development. For newborns, we also want baby's neck to be supported. The older the baby is, the more securely she can hold herself.

③ Spread-squat position

Your baby automatically squats its legs when you pick it up. Your baby should be able to assume this spread-squat position when being carried and the bar should reach from the back of the knee to the back of the knee. This allows the immature hips to develop optimally.

④ Comfortable seat

It takes two to carry: To ensure that carrying is gentle for you in the long term, make sure that your sling or carrier is comfortable and stable. Tied tightly, the weight of the child lies close to the body and is easy to carry. Make sure that the sling or carrier is tied or adjusted at the shoulders and back so that it feels comfortable for you.

What are the different types of baby carriers?

Fullbuckle carrier

The baby carrier that is closed completely with buckles. Correctly adjusted, it is quickly put on and can be worn in different positions.

- + Quick to put on, light to pack, very comfortable to wear.
- ✗ needs to be readjusted when used by another person

Our fullbuckles:
DidyFix, DidySnap 4u



Halfbuckle carriers

Halfbuckle carriers have a waist belt with a buckle and straps that can be tied. They are therefore the perfect mix of carrier and sling and are very comfortable to wear.

- + Simple intuitive handling, few adjustments necessary, quick change to other carriers, high wearing comfort.
- ✗ long shoulder straps may take some getting used to

Our Halfbuckles:
DidyKlick 4u, DidyKlick 4u Toddler



MehDai / MeiTai

The MehDai, often called the MeiTai, is a sling that is tied to the waist belt and has no buckles at all. The feeling is very similar to that of a half-buckle carrier. Sometimes half-buckle carriers are also called MehDai.

- + hardly noticeable at the belt, therefore ideal for small babies
- ✗ long shoulder straps

Our MehDai:
DidyTai



Wrap Conversion

Wrap Conversion (Wrap Con) originally referred to a baby carrier made of sling material. Today, the term usually refers to a baby carrier that can be tied and has shoulder straps that can be fanned out. Therefore, a carrier can be called a Half-Buckle or Wrap Con at the same time.

- + different tying methods for optimal weight distribution as needed
- ✗ long shoulder straps

Our Wrap Cons:
DidyKlick 4u, DidyKlick 4u Toddler, DidyTai



Toddler carrier

A toddler carrier is an extra large carrier for larger babies and toddler.

- + Comfortable carrying with a larger child

Our toddler carrier:
DidyKlick 4u Toddler



Onbuhimo

The Onbuhimo (Onbu for short) is designed as a back carrier without a belly strap for larger babies. It has backpack straps and thus offers a quick carrying option for children who need small breaks every now and then.

- + small pack size, carrying without a waist belt, e.g. during pregnancy
- ✗ recommended from sitting age

Our Onbuhimo:
DidyGo



Baby wrap sling

The baby wrap sling offers a variety of tying options for all uses for babies of all ages. While elastic wraps are knitted and are soft and cuddly especially for small babies, there is almost no limit to the use of woven slings.

- + numerous ways of tying, no adjustment necessary, grows with the baby indefinitely
- ✗ requires some practice

Our slings
DIDYMOS baby wrap sling (woven),
DIDYMOS jersey sling (elastic)



RingSling

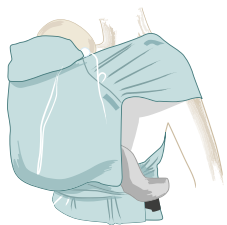
The Ring Sling is a short wrap that is held in place by rings and can be used from birth. Its small pack size means it fits in any bag, can be pre-tied and is ideal for short distances and walking babies who want to get in and out more often.

- + small pack size, airy in summer, quickly put on
- ✗ rests on one shoulder only

Our Ring Sling:
DidySling made of woven or
elastic sling fabric



Our DIDYMOS baby carriers



DidyKlick® 4U
Halfbuckle

Standard: 3,5 – 20 kg
Toddler: 7 – 25 kg

Carrying positions: centered on front, back, hip

- Stable hip belt
- Straps can be tied in many ways for maximum comfort
- suitable for all baby carriers
- two sizes: from birth and for infants
- easy to learn how to put on

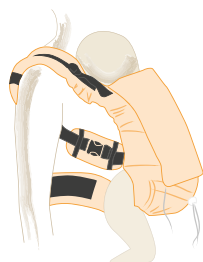


DidyFix
Quick Fullbuckle

Standard: 3,5 – 20 kg

Carrying positions: centered on front, back, hip

- Quick to put on without tying, also ideal for beginners
- Straps can be crossed
- Small pack size
- good value for money

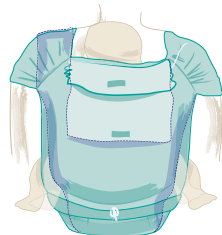


DidySnap® 4U
Fullbuckle

Standard: 3,5 – 20 kg

Carrying positions: centered on front, back, hip

- quick to put on without tying
- individual adjustment possibilities



DidyTai
MehDai

Standard: 3,5 – 20 kg

Carrying positions: centered on front, back, hip

- Pure fabric: this carrier feels like a sling
- simple yet versatile to tie

We offer products of the highest quality. The following applies to all our carriers:

- They are individually customisable and grow with the child for a long time.
- They adapt to the person carrying the baby
- guarantee a spread-squat posture
- Are tested according to CEN/TR 16512 and ASTM F2236:16a

Our DIDYMOS baby wrap slings

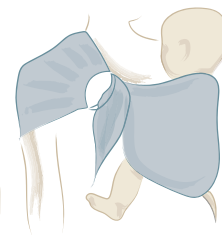


DidyGo
Onbuhimo

Standard: 7 – 20 kg

Carrying positions: Back

- without waist belt
- very quick to put on
- recommended from sitting age
- very small pack size
- ideal for runners who like to be carried short distances
- no pressure on the belly (e. g. during pregnancy)

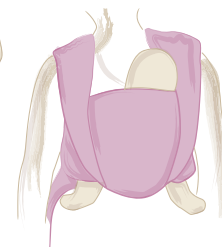


DidySling
RingSling

From birth until the end of the carrying period

Carrying positions: centered on front, hip

- short sling, closes with rings
- very small pack size
- ideal for short journeys
- available in woven fabric or jersey

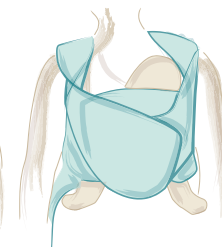


Didy wrap sling
Woven wrap

From birth until the end of the carrying period

Carrying positions: centered on front, back, hip

- different lengths for all uses and body sizes
- various tying techniques allow ideal comfort and weight distribution
- with a little practice the most natural carrying feeling
- different patterns and materials provide variety



Didy jersey sling
Elastic wrap

From birth up to 12 kg

Carrying positions: centered on front, hip

- particularly soft and cuddly, but still stable
- Available in different sizes
- ideal for small and light babies or premature babies
- precise tying due to sewn seam

Q&A about babywearing

When and for how long can I start carrying my baby?

You can start carrying your baby from its first day of life. Nevertheless, the new mother should of course slow down in the postpartum period and, if possible, leave the carrying to others. As long as it is comfortable for you and your child, there is no limit to how long you can carry your baby.

In which positions should I carry my baby?

We recommend carrying centered on front, on the back or on the hips. For older children, carrying on the back is often a relief for the parents, especially for the pelvic floor. We recommend that children are always carried with their face turned towards the person carrying them. All our baby carriers are designed with this in mind. This is the only way to ensure the correct position of the child and optimal carrying comfort. In this position, your baby can also make eye contact with you and feel safe with you.

Do I spoil my child when carrying it?

Carrying gives love, sharpens the memory and promotes all our senses. We humans are born to be carried and can develop optimally through carrying.

Can I wear at any time of the year?

Babywearing is possible all year round and in any weather with the right conditions. The rule of thumb is that the baby carrier or sling always replaces a layer of clothing. In winter, babywearing is particularly practical because your body heat reliably keeps your baby warm. A babywearing jacket or cover protects both of you from the weather. In summer, we can also protect our babies well from the sun and heat while carrying them. Airy carrying systems and breathable materials can be helpful here. A hat and umbrella or a baby carrier protect against UV radiation.

What fabrics can I use for babywearing?

There are different materials that are used in wraps and baby carriers. We attach great importance to using only natural and high-quality materials, because we want only the best for our and baby's skin. Therefore, all DIDYMOS fabrics are made of organic cotton (kbA or GOTS certified) or blended fabrics with natural yarns that follow the highest ecological criteria.

- Cotton is easy-care and hard-wearing.
- Wool is temperature regulating and cosy.
- Linen is particularly cool to wear in summer and is very strong.
- Hemp drapes beautifully, makes heavy, sturdy cloths and is otherwise similar to linen.
- Silk is supple, soft and airy.
- Cashmere is light and incomparably soft.



Does my baby always have to sit perfectly when being carried?

Your baby will not be harmed if the carrier does not (yet) fit perfectly. Carrying requires some practice, especially at the beginning, and with time it becomes easier and easier to put on the carrier or tie the sling. Give yourself some time in the beginning to develop a routine with the carrier or the sling. It is important that your baby always sits firmly in the sling or carrier so that it does not slump, as this could make breathing more difficult. The older and more active your baby becomes, the more interested it will be in its environment. For example, an awake baby may naturally „come out“ of the sling, take a hand or arm out of the sling and look around.

Does babywearing damage my back?

All babies are carried a lot during their young lives and a sling helps you to carry in a relaxed position. You should not have any pain when carrying: As soon as something hurts, you need to make a change. Check that the sling or

carrier is tied tightly enough and adjusted correctly. Try a different tying technique or adjustment to see if it helps and contact a babywearing counsellor if you can't find a solution yourself.

Do I absolutely need a babywearing consultancy?

A babywearing consultancy can make it easier for you to start carrying, give you confidence in the correct use of carrying aids and be a great help, especially in special situations such as restrictions. However, you also have the possibility to acquire knowledge about carrying yourself, a good start is this small carrying guide. You can find much more information, instructions and tips on our homepage. Of course, you can also find the contact for a babywearing consultant in your area there.

Find more answers
in our FAQ:



Support and community

Do you have any questions about our DIDYMOS products or babywearing in general?

Our team of trained babywearing consultants will be happy to help you. Just send us an email to mail@didymos.de or call us on +49 7141 975710.



DIDYMOS Community

The beauty of babywearing? It connects – and you are welcome to join our community.

Let us inspire you on the subject of babywearing and find interesting facts about parenthood. We keep you up to date on new releases, give you an insight behind the scenes, answer your questions and you can exchange ideas with other parents.

What our customers say

“

We were very satisfied: ordered in the morning, arrived the next day in the afternoon ... great product and great company. I ordered a sling for my grandson. Whose parents were already carried in the Didymos sling ... Still as good today as 30 years ago.

“

Super great team, great community, reliable service and really durable products. ❤️

“

Great online advice in advance and very fast shipping and I am absolutely amazed by the carrier. Thank you very much for this!



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Families have trusted
DIDYMOS since 1972.

We look forward
to seeing you!

