

## Ergobaby BCAPEADKBL

# Ergobaby Adapt Ergonomic Multi-Position Baby Carrier Instruction Manual

Model: BCAPEADKBL | Brand: Ergobaby

## INTRODUCTION

The Ergobaby Adapt carrier is designed to provide ergonomic comfort and support for both parent and baby from newborn to toddler (7-45 lbs). This manual provides essential information for safe and proper use, care, and maintenance of your carrier, ensuring a comfortable and secure experience for you and your child.

## KEY FEATURES

- **BOND WITH BABY AS THEY GROW:** Award-winning design keeps baby close from newborn to toddler (0-48 Months; 7-45lbs).
- **3 CARRY POSITIONS:** Front Inward, Hip & Back Carry.
- **100% PREMIUM COTTON:** Soft and cozy for ultimate comfort.
- **COMFORT:** Padded lumbar back support and extra padded shoulder straps. Can be used in two ways: regular or crossed shoulder straps.
- **PREMIUM FEATURES:** UPF baby hood for sun protection and privacy for easy breastfeeding. Machine Washable.
- **ERGONOMIC AS BABY GROWS:** Acknowledged as hip healthy by the International Hip Dysplasia Institute.

## SETUP & ADJUSTMENT

The Ergobaby Adapt carrier is designed to grow with your baby, requiring only a few simple adjustments to ensure a perfect fit and ergonomic support at every stage.

### 1. Adapt the Seat to Baby's Height

The carrier's bucket seat gradually adjusts to your baby's size. Follow the color-coded lines on the waistbelt Velcro for proper adjustment:

- **Newborn (min. 7 lbs / 3.2 kg and 20 in / 50.8 cm):** Attach the tabs on the Velcro following the **red lines**.

- **Around 3 months old:** Move the tabs to the medium setting, following the **yellow lines**.
- **Around 9 months old:** Attach along the **blue lines**.



Image: Detailed view of carrier features including adjustable seat and waistbelt markings.

## 2. Adjust the Front Straps for Thigh Support

You can further fine-tune the seat at each stage with the two front straps to ensure baby is ergonomically seated in an M-shape position, supported from knee to knee. For your newborn baby, fully pull the straps and tuck them into the loop on the front to secure them. Gradually release to the medium, then the widest snap setting to fully support your baby's thighs as they grow.

## 3. Position the Neck Cushion for Head Support

Proper head and neck support is crucial for your baby's safety and comfort.

- **Newborns (younger than 6 weeks):** Fold the neck cushion inside and button it from the side to the lower buttons for tighter support. This provides all the support she needs in her early weeks.
- **Babies around 6 weeks (when baby starts to hold their head for a few moments and turns it from side to side):** You can fold and button the neck cushion on the outside.

- **Babies 7 weeks and older (or when baby is 4 months old and shows strong and consistent head and neck control):** You can also button up the neck support for when she needs some extra support, such as when she's sleeping. Make sure your baby's head is supported at mid-ear level.



Image: Baby in Ergobaby Adapt carrier showing proper head and neck support.

## Video: Ergobaby Adapt Carrier Adjustments

Video Description: This official Ergobaby video demonstrates how to adjust the Adapt carrier's seat, front straps, and neck cushion to fit your growing baby from newborn to toddler, ensuring ergonomic positioning and proper support.

## OPERATING INSTRUCTIONS: CARRY POSITIONS

The Ergobaby Adapt carrier supports three ergonomic carry positions:

- **Front Inward Carry:** Ideal for newborns and younger babies, allowing for close bonding and easy monitoring.
- **Hip Carry:** Suitable for babies 6 months and older who have strong head and neck control, offering a different perspective for the baby.

- **Back Carry:** Recommended for babies 6 months and older, providing comfort for longer periods and allowing the parent more freedom of movement.



## ADAPT - MULTI POSITION BABY CARRIER



**1**  
FRONT CARRY  
FACING PARENT  
NEWBORN



**2**  
HIP CARRY  
6+ MONTHS



**3**  
BACK CARRY  
6+ MONTHS

Image: Visual guide to the three ergonomic carry positions: Front Inward, Hip, and Back Carry.

### Video: Ergobaby Adapt Carrier Overview

Video Description: This video provides a general overview of the Ergobaby Adapt Baby Carrier, showcasing its multi-position capabilities and premium cotton material, suitable for infants to toddlers.

## CARE & MAINTENANCE

To ensure the longevity and hygiene of your Ergobaby Adapt carrier, follow these care instructions:

- **Machine Wash:** The carrier is machine washable. Use a mild detergent and a gentle cycle.
- **Cold Water:** Wash in cold water to prevent shrinking and fading.
- **Air Dry:** Hang to air dry. Do not tumble dry, as this can damage the fabric and components.
- **Spot Clean:** For minor spills or stains, spot clean with a damp cloth and mild soap.
- **Buckles and Straps:** Periodically inspect all buckles, snaps, and straps for wear and tear. Ensure they are securely fastened before each use.

## TROUBLESHOOTING

If you encounter any issues with your Ergobaby Adapt carrier, consider the following common solutions:

- **Discomfort for Parent:** Ensure the waistbelt is snug and positioned correctly on your hips or waist. Adjust

shoulder straps to distribute weight evenly. Try crossing the shoulder straps for added comfort.

- **Baby Not Comfortable:** Verify that the seat is adjusted to your baby's current height (red, yellow, or blue lines) and that their knees are higher than their bottom in an 'M' shape. Check that the neck cushion provides adequate head support for their age.
- **Straps Slipping:** Make sure all buckles are securely fastened and straps are tightened appropriately. The chest clip should be positioned between your shoulder blades for back carry, or on your chest for front carry, to keep shoulder straps in place.
- **Carrier Feels Loose:** Re-adjust all straps, starting with the waistbelt, then shoulder straps, and finally the front straps for thigh support. The carrier should feel snug and secure, keeping your baby close to your body.

## PRODUCT SPECIFICATIONS

| Specification                 | Detail                  |
|-------------------------------|-------------------------|
| Product Dimensions            | 10.6 x 6.7 x 6.7 inches |
| Item Model Number             | BCAPEADKBL              |
| Minimum Weight Recommendation | 7 Pounds                |
| Maximum Weight Recommendation | 45 Pounds               |
| Material Type                 | Cotton                  |
| Care Instructions             | Machine Wash            |
| Orientation                   | Front, Back, Hip        |
| Item Weight                   | 2 pounds                |
| Color                         | Admiral Blue            |

## WARRANTY & SUPPORT

### ErgoPromise Guarantee

Ergobaby stands by its products with the ErgoPromise Guarantee. If you find a manufacturing or material defect, Ergobaby will replace your carrier or part at no charge. This guarantee reflects Ergobaby's commitment to quality and durability.

### Everlove by Ergobaby

Ergobaby offers the Everlove by Ergobaby Carrier Buyback program, a first-of-its-kind initiative. Ergobaby buys back your previously loved Ergobaby carriers and breathes new life into them for new families to enjoy, promoting sustainability and extending product lifespan.

For additional support, product registration, or to explore more Ergobaby products, please visit the [Official Ergobaby Store](#).

## Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

### Name

Anonymous

### Email

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### Question

Example: How do I reset this device or fix this error?

### Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question