



**TRAUMSCHWINGER®**

Manual

**BABYSCHWINGER &  
KINDERSCHWINGER**

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



## The first step into a dream life

During the first months in the world of adults, babies miss the familiar movements of the womb. The BABYSCHWINGER provides them with a familiar experience: swinging movements that allow the little ones to gently slip into new dream worlds.

The gentle rhythm of the circular or spiralling swinging movement creates a feeling of tranquillity that reduces stress in a natural way. The swinging movement harmonises the energy flow and reduces unrest, tantrums, agitation and sleeping problems.

This manual explains the assembly and use of your BABYSCHWINGER. As the different TRAUMSCHWINGER sizes feature the same design, the individual steps are demonstrated on the basis of the L model.

## **SAFETY INFORMATION**

*Remove all packaging and keep it away from your child.  
Only use the accessories and spare parts tested and recommended by us.*

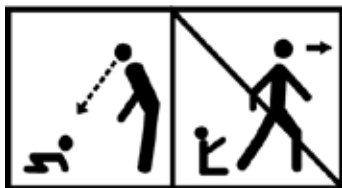
Our TRAUMSCHWINGER suspended chairs are pieces of furniture that are designed to lie down and rest. They shall not be used as gymnastic devices or toys. If you notice damage to the material (e.g. cracks), stop using the product. If you put an infant or baby into the net, be sure to put at least a cloth underneath. Children shall not be permitted to use the furniture unattended. Carefully observe the other instructions and security information in this manual and keep the manual for future reference. Follow the instructions to the letter in order to prevent danger from incorrect assembly. The setup shall be performed by adults only. Regularly check the suspension and the height-adjustment mechanism to make sure they are securely connected.

In the case of single-point suspension, use a swivel etc. in order to prevent shear stress on the suspension.

Our stainless-steel suspensions with integrated slide or ball bearing do not require the use of an additional swivel.

## **WARNING**

*Never leave the child unattended!*



*Always make sure there is enough space!*

*The baby hammock is not a swing!*

*Non-compliance with the information, warning and instructions in this manual can  
give rise to dangers!*

## 2 BABYSCHWINGER/ KINDERSCHWINGER

For these models, adjust the height of the BABYSCHWINGER in such a way that your child can swing freely slightly above the floor. Additionally, you might want to cover the floor with suitable material (width approx. 1.5 m). Please note that suspended chairs and cradles are not swings or toys. Roll up the ends of the ropes in the rope bag so that they are out of reach of children. Regularly check the mount, suspension and ropes for wear and tear.

### **Safety information**

*Do not leave children unattended in the products, and do not allow little children to play nearby unattended. If you put an infant or baby into the net, be sure to put at least a cloth underneath. Do not use the products if a part is broken, torn or missing. The products shall not be hung up close to fire or other intensive heat sources such as patio heaters, gas stoves etc.*

### 2.1 Babyschwinger

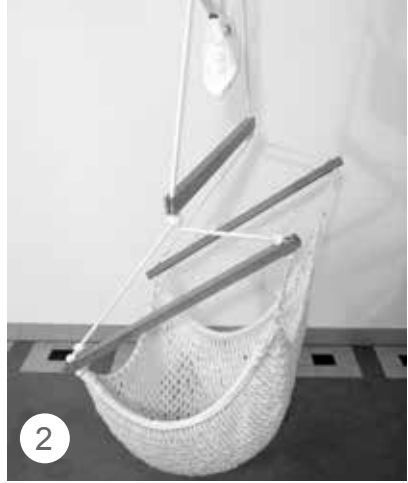
While the M to XXL models differ mainly in terms of the size, the Babyschwinger also features a different net shape. The front and back of the net are drawn up (see figure 1) in order to protect your child from falling out.

The Babyschwinger is suitable as an infant cradle from day 1.

### **Safety information**

*Do not use any additional mattresses except for the optional MIRAART futon.*

Once the child is able to sit up, kneel or pull himself or herself up, the BABYSCHWINGER shall no longer be used as cradle!



In this case, convert it into a child's chair by simply repositioning the lateral bars. The required position of the lateral bars is shown in figure 2. The BABYSCHWINGER can be used as a child's chair until age 5.

## 2.2 Kinderschwinger

The KINDERSCHWINGER is suitable for children aged 3 to 10.



Optionally, it is available with a separate foot rest.



### 3 Requirements

For your BABYSCHWINGER, you need a mount that suits your structural circumstances and your preferences. You can get suitable mounts for our products directly from MIRAART. We will be pleased to assist you in choosing the right attachment.

Basically, you can choose between a wall mount, a ceiling mount, a beam mount or a stand. Be sure that the mount you purchase is suitable for the respective load of your BABYSCHWINGER/KINDERSCHWINGER. If you decide to use a ceiling mount, make sure that the suspension is suitable for your ceiling (e.g. concrete). Ask your dealer or DIY store what kind of mount you can use for your structural circumstances.

The fasteners must be approved by the building supervisory authority. The material we supply meets this requirement.

Check the following chart for model-specific suspension data:

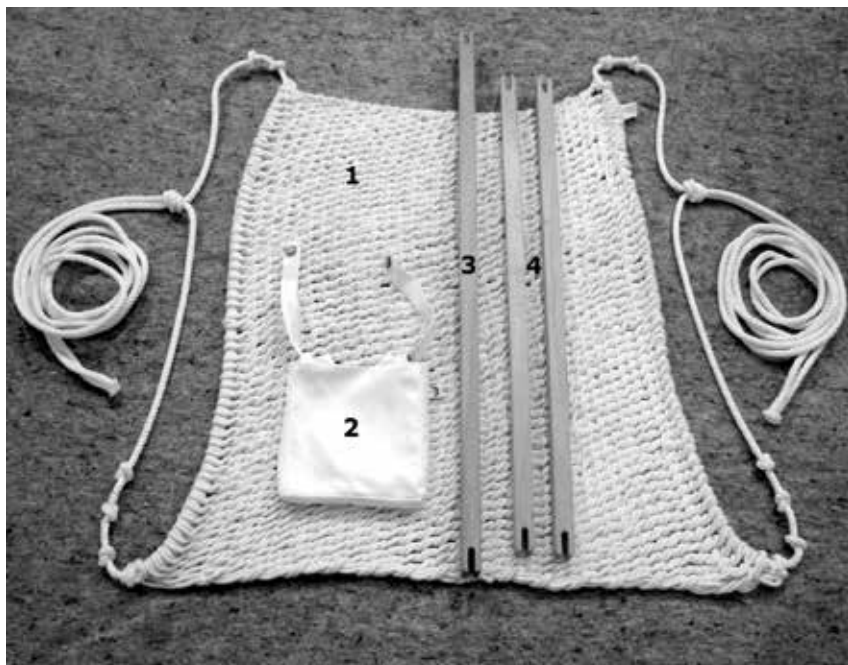
<b>Net/model</b>	<b>Suspension height (min/max)</b>	<b>Max. load</b>	<b>Min. wall distance</b>
<b>Babyschwinger</b>	1.8 m / 4.0 m (as child's chair 1.2 m/3 m)	75 kg	65 cm
<b>Model M</b>	1.5 m / 3.0 m	75 kg	65 cm

#### **SAFETY INFORMATION**

*Regularly check the mount for damage and make sure it is securely fastened!  
No liability will be accepted for damage resulting from an incorrect or loose mount.  
To prevent damage, make sure that the suspended chair does not touch the ceiling or walls.*

## 4 Parts

The following images and lists provide an overview of the product scope of the BABYSCHWINGER/KINDERSCHWINGER:



- |    |                                 |
|----|---------------------------------|
| 1) | Cotton net                      |
| 2) | Universal rope bag <sup>2</sup> |
| 3) | Wooden crossbar                 |
| 4) | Wooden lateral bar (2 x)        |

<sup>2</sup> "Set" and "Setplus" editions only

The parts shown on this page are included only when purchasing the "Set" or "Setplus" edition of the BABYSCHWINGER/KINDERSCHWINGER. For the other editions, you can purchase these parts as accessories.



- |                                     |                               |
|-------------------------------------|-------------------------------|
| 1) Wooden cheek (2 x)               | 6) Stainless-steel bush (2 x) |
| 2) Stainless-steel plate (2 x)      | 7) Allen™ key                 |
| 3) Carabiner                        | 8) Threaded rod (3 x)         |
| 4) Round nut (6 x)                  | 9) Wooden wedge, 9 mm         |
| 5) Stainless-steel bush with collar | 10) Steel pin                 |

### NOTE

*All parts are cleaned upon completion of the manufacturing process. However, we recommend cleaning some parts manually in order to prevent soiling of the cotton ropes. Clean the recesses in the wooden bars in order to remove any sanding residue. Use a damp cloth and some detergent to clean the following rope-guiding metal parts of the height-adjustment mechanism, i.e. the three stainless-steel bushes and the sides of the two stainless-steel plates that do not have a colour sticker.*

## 5 Assembling the height-adjustment mechanism

The assembly of the included height-adjustment mechanism is the first stage of the assembly of your BABYSCHWINGER/KINDERSCHWINGER. For this, you need the parts from the height-adjustment mechanism box and the carabiner. The required tool (Allen™ key) is included. The easiest way to assemble the height-adjustment mechanism is to do so while sitting at a table.

### 5.1 Preparing the threaded rods



Some metal parts have been pre-assembled (for the purposes of checking the thread). For the assembly, you first need to disassemble these parts. Take the three pre-assembled threaded rods, remove one of the round nuts on each of the rods, and remove the stainless-steel bushes from the threaded rod. Slightly tighten the round nut remaining on the threaded rod. You now have three threaded rods with one attached round nut each.

### 5.2 Inserting the threaded rods (1)



Now take one of the triangular wooden cheeks. One side of the wooden cheek is marked with a colour sticker; this is the inner side of the respective wooden cheek.

Hold the wooden cheek in such a way that the side marked with the sticker points down. With the other hand, insert a threaded rod with a round nut through each of the holes.

## 5.2 Inserting the threaded rods (2)



Place your free hand over the three round nuts in order to prevent them from falling out and reverse the wooden cheek. The side with the colour sticker now points towards you. Lay the wooden cheek down before you in this way. The wooden cheek now rests on the round nuts. The threaded rods point upwards.

## 5.3 Attaching the first stainless-steel plate



Take one of the stainless-steel plates. A colour sticker indicates the side of the stainless-steel plate that should face the inner side of the wooden cheek. Hold the stainless-steel plate in such a way that the side marked with the sticker points down. Place the stainless-steel plate onto the wooden cheek, passing the threaded rods through it. The side of the stainless-steel plate that is marked with the colour sticker now lies on the side of the wooden cheek that is marked with a colour sticker.

### **SAFETY INFORMATION**

*The sides of the wooden cheek and of the stainless-steel plate that are marked with colour stickers must face each other.*

*This ensures that the ropes will only touch the rounded edge of the stainless-steel plate. Non-compliance with these assembly instructions can result in increased wear and tear of the ropes.*

#### 5.4 Attaching the stainless-steel bushes



Attach the stainless-steel bush with collar to the threaded rod at the tip of the triangular wooden cheek. Attach the two stainless-steel bushes (without collar) to the two threaded rods at the short side of the triangular wooden cheek.

#### 5.5 Inserting the steel pin into the wooden wedge



Now take the wooden wedge and the steel pin. Pass the steel pin through the hole at the tip of the wooden wedge until it evenly protrudes about 2 mm on each side.

## 5.6 Placing the wooden wedge on the stainless-steel plate



Put the wooden wedge with the inserted steel pin on the previously assembled stainless-steel plate with one of its two smooth sides. Position the wooden wedge in such a way that the protruding steel pin is in the groove of the stainless-steel plate.

## 5.7 Attaching the second stainless-steel plate



Take the second stainless-steel plate. Hold the stainless-steel plate in such a way that the side marked with the sticker points up. Place the stainless-steel plate onto the stainless-steel bushes, passing the threaded rods through it. Make sure that the steel pin in the wooden wedge is also inserted in the groove of this second stainless-steel plate.

### **SAFETY INFORMATION**

*The sides of the wooden cheek and of the stainless-steel plate that are marked with colour stickers must face each other.*

*This ensures that the ropes will only touch the rounded edge of the stainless-steel plate. Non-compliance with these assembly instructions can result in increased wear and tear of the ropes.*

## 5.8 Attaching the second wooden cheek



Take the second wooden cheek. The side of this wooden cheek that is marked with a colour sticker must lie on the side of the second stainless-steel plate that is marked with a colour sticker. Hold the second wooden cheek in such a way that the side marked with the sticker points down. Place the wooden cheek onto the stainless-steel plate, passing the threaded rods through it. The side of the second wooden cheek that is marked with the colour sticker now lies on the side of the second stainless-steel plate that is marked with a colour sticker.

## 5.9 Fastening the round nuts



Attach the three remaining round nuts to the three threaded rods in the holes of the second wooden cheek. To do so, you can use the enclosed Allen™ key. Finally, tighten all six round nuts. Done. The height-adjustment mechanism for your BABYSCHWINGER/KINDERSCHWINGER is ready.

### **SAFETY INFORMATION**

*The round nuts can gradually loosen over time. Regularly make sure that the round nuts are tightly fastened, and tighten them with the enclosed Allen™ key whenever necessary. If the round nuts loosen, this could result in abrasion of the metal parts and soiling of the ropes.*



### 5.10 Inserting the carabiner



Take the included carabiner and attach it to the stainless-steel bush with collar (at the top side of the height-adjustment mechanism).

### 5.11 Finished height-adjustment mechanism



Use the two enclosed Allen™ keys to make sure that all metal parts are securely fastened. Please also check the metal parts from time to time when using the TRAUMSCHWINGER.

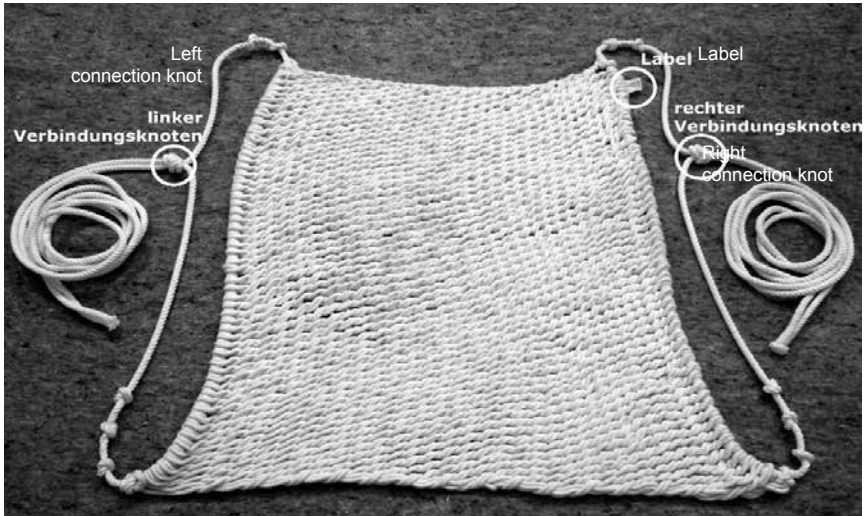
## 6 Connecting the net to the height-adjustment mechanism

Next, connect the net of your BABYSCHWINGER/KINDERSCHWINGER to the height-adjustment mechanism. As you need to spread out the net to do so, we recommend putting a blanket on the floor. Place the height-adjustment mechanism next to the blanket. This will make the next steps easier.

### 6.1 Spreading out the net

Take the rolled-up net and unfold it. Remove the cloth bag containing the cross-bar and the two lateral bars, which is tied with a knot, from the net. You can put the cloth bag aside for the time being, as you will only need the bars in the next section.

The net can easily be spread by lifting it entirely with both hands. For this, hold one of the two connection knots in each hand and lift the net entirely. The net will turn to the right position by itself. You merely need to place it on the floor in this position.



For the next steps, make sure that the net lies on the floor in the correct position. You can see this from the position of the label on the net. If the label is on top on the right-hand side of the net that lies before you, the net is positioned correctly. If the label is not yet in this position, duly turn or reverse the net.

## 6.2 Inserting and locking the rope ends

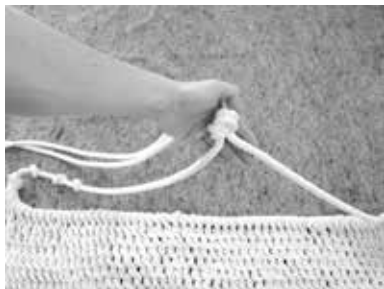
For material and manufacturing-related reasons, the ropes might be twisted or entangled upon delivery. Before inserting the rope ends in the height-adjustment mechanism, make sure that the ropes are not twisted or entangled.

### **Safety information**

*If the ropes are attached to the height-adjustment mechanism in a twisted or entangled state, this could result in increased wear and tear of the ropes due to damage of the rope surface.*

Start aligning the ropes without twisting on the left-hand side. Hold the left connection knot with your left hand and lift it until the two ropes at the corners of the net are slightly stretched. Turn the connection knot in your hand so that the two ropes that come out of the connection knot are not on top of each other (see the following two figures).

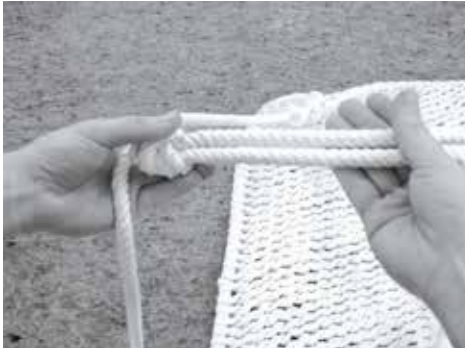
**RIGHT**



**WRONG**



When the connection knot is in this position, hold the rope pair that comes from the top of the knot between the thumb and index finger of your right hand (see next figure).



Use your left hand to pull the rope pair through your right hand without twisting the ropes. When you reach the end of the rope, switch sides. Hold the end of the rope pair so that it will not get twisted anew.



Hold the height-adjustment mechanism with your right hand in such a way that the wooden wedge is in the height-adjustment mechanism about halfway. Attach the end of the rope pair to the left stainless-steel bush of the height-adjustment mechanism, so that both ropes lie next to each other on the stainless-steel bush.



Lead the end of the rope pair out of the height-adjustment mechanism in the space between the bush and the wooden wedge. Pull this rope pair until about 40 cm hang out from the height-adjustment mechanism. For the time being, put the height-adjustment mechanism with the inserted left rope pair on the net.



Now take the right connection knot with your right hand and proceed in the same way as on the left-hand side. Once you have attached the right rope pair to the height-adjustment mechanism as well, press the wooden wedge into the height-adjustment mechanism. This will lock the ropes in the height-adjustment mechanism.

## 7 Suspending the net

This section describes the last steps to assemble your BABYSCHWINGER/ KINDERSCHWINGER. For this, you need the net that is connected to the height-adjustment mechanism, the crossbar and the two lateral bars, the rope bag and a stepladder.

### 7.1 Suspending the net with the height-adjustment mechanism



Attach the carabiner that is connected to the height-adjustment mechanism to the prepared (or existing) suitable mount; see chapter 2, Requirements.

(In the image to the left, the foot rest sling is already attached)

#### ***Safety information***

*Regardless of the type of mount, it must regular be checked for wear and tear and secure fastening!*

### 7.2 Inserting the crossbar



One of the included wooden bars is longer than the other two. This is the crossbar.

Take the crossbar and insert the respective rope pair in the recesses of the crossbar just above the connection knots. Make sure that the ropes that come out of the connection knot are not on top of each other or twisted! If necessary, turn the connection knot in your hand so that the two ropes run freely to the front and back (see the two figures on the following page). Press the rope pair into the recess of the crossbar as far as they will go.



**RIGHT**

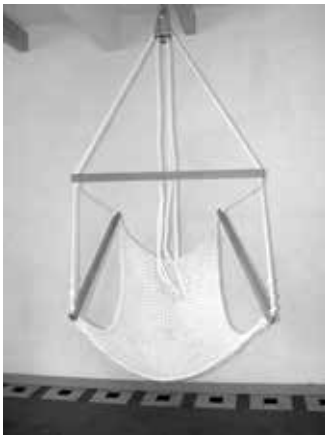


**WRONG**

### ***Safety information***

*If the ropes are on top of each other or twisted, this could result in increased wear and tear of the ropes due to damage of the rope surface. Do not use any pointed items to press the rope pair into the recess. This could damage the rope surface and impair the strength of the ropes.*

## **7.3 Inserting the lateral bars**



To make it easier to attach the lateral bars, sit in the net for about 2 minutes in order to stretch the cotton (also applies to KINDERSCHWINGER/BABYSCHWINGER). This will also help to make the net comfortable after unpacking it. After getting up, take the two lateral bars and attach them to the two sides alongside the seat between the existing knots above the net. Press the ropes into the recesses of the lateral bars as far as they will go.

For information on adjusting the sitting height, refer to the chapter "Using your BABYSCHWINGER/ KINDERSCHWINGER".

### ***Safety information***

*Do not use any pointed items to press the ropes into the recesses of the lateral bars. This could damage the rope surface and impair the strength of the ropes.*

## 7.4 Attaching the rope bag



Finally, attach the rope bag between the two rope pairs above the crossbar. Attach the universal bag with the help of the adjustable straps.

For the motif bags (sun and sheep), tie a knot with the strings to fasten them. Then stow the ropes hanging down from the height-adjustment mechanism and, if necessary, the rope end of the foot rest in the rope bag.

### **Safety information**

*For your safety, be sure to stow the ropes. By stowing the ropes in the bag, you can avoid triggering the height-adjustment mechanism inadvertently.*

## 8 Assembling the foot rest (optional)

In this section, we will show you how to assemble and suspend the foot rest of your KINDERSCHWINGER. As you need to spread out the net to do so, we recommend putting a blanket on the floor.

Put the foot rest bundle on the blanket in front of you and remove the string around it. Then remove the cotton bag containing the bars from the net.

### **Note**

*All parts are cleaned upon completion of the manufacturing process. However, we recommend cleaning some parts manually in order to prevent discolouring of the cotton ropes. Clean the recesses in the wooden bars, e.g. using the cotton bag of the bars, in order to remove any sanding residue.*

## 8.1 Inserting the crossbar

Spread out the net in front of you in such a way that the label is located in the top right corner. One of the included wooden bars is longer than the other two. This is the crossbar.

**RIGHT**



**WRONG**



Make sure that the ropes that come out of the connection knot are not on top of each other or twisted! If necessary, turn the connection knot in your hand so that the two ropes run freely to the front and back (see figure).

Take the crossbar and insert the respective rope pair in the recesses of the crossbar just above the connection knots (below the wrapped rope end).

### **Safety information**

*If the ropes are on top of each other or twisted, this could result in increased wear and tear of the ropes due to damage of the rope surface. Do not use any pointed items to press the rope pair into the recess. This could damage the rope surface and impair the strength of the ropes.*

## 8.2 Inserting the lateral bars

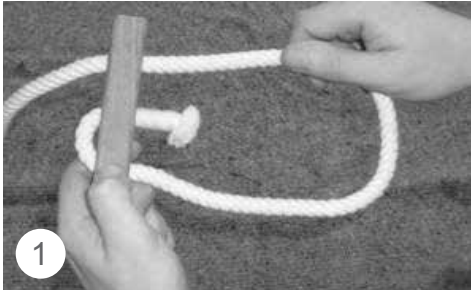
To make it easier to insert the lateral bars, briefly and forcefully stretch the two short sides of the cotton net. This will also help to make the net comfortable after unpacking it. Then hold the ends of the net and pull hard on the respective knot above net.



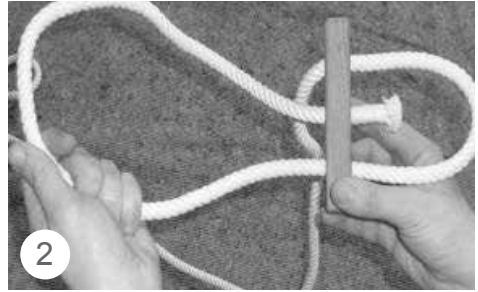
After stretching the net, take the two lateral bars and attach them to the two sides alongside the net **between** the existing knots above the net. Press the ropes into the recesses of the lateral bar as far as they will go.



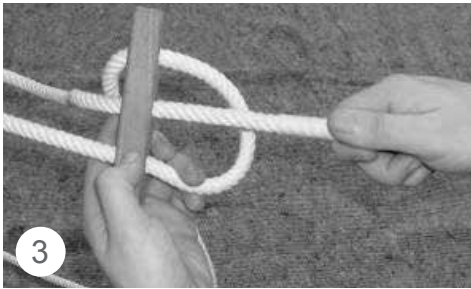
### 8.3 Adjusting the foot rest



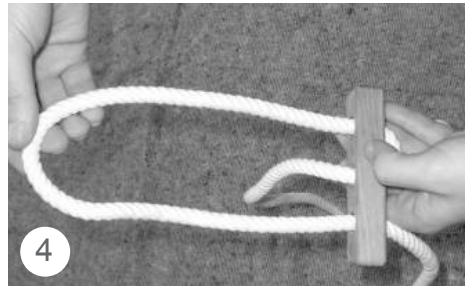
Take the rope as shown in fig. 1 and draw a loop with a length of approximately 50 cm (depending on the suspended height of the chair).



Next, pull the loop to the other side.



Tug on the end of the rope as shown in fig. 3.



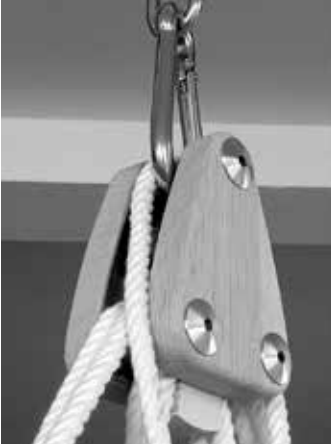
**Note:** You can adjust the length of the rope end by changing the size of the loop.

Form another loop as shown in fig. 1.



In the last step, tie a safety knot into the end of the rope directly behind the footrest height adjustment.

## 8.4 Assembling the foot rest



Place the loop behind the carabiner on the bush connection. If you do not have any height adjustment, simply place the loop of the foot rest in your carabiner.

### **Note**

*Using the foot-rest height adjustment, you can easily adjust the height of the foot rest. To lower the foot rest, push the foot-rest height adjustment up. To pull the foot rest up, push the foot-rest height adjustment down.*

## 9 Using the BABYSCHWINGER/KINDERSCHWINGER

This section features usage and care instructions for your BABYSCHWINGER/KINDERSCHWINGER.

### **Safety information**

*If you notice damage to the material (e.g. cracks), stop using the product. If you put an infant or baby into the net, be sure to put at least a cloth underneath. Suspended furniture is not suitable as a toy. Therefore, do not leave children in the cradle or suspended chair unattended.*

## 9.1 Care

The natural material (wood and cotton) used for the BABYSCHWINGER/KINDER-SCHWINGER has not been treated and is ideally suited for indoor use. With regard to outdoor use, please remember that the untreated material is not permanently humidity and weather-resistant. Therefore, avoid exposing the net and the untreated wood to humidity and rain. We recommend taking off the suspended chair when it rains. If necessary, dry it in a warm and well-ventilated place.

To treat the wooden parts (wooden cheeks of the height-adjustment mechanism, crossbar and lateral bars), we recommend treating the surface from time to time. You can apply wood preservative or paint to these wooden parts. However, do not apply such to the recesses of the crossbar and the lateral bars. Otherwise, the ropes may get soiled due to abrasion during use.

### **Note**

The wood used is a high-quality, carefully inspected material. However, being a natural product, the wood may have concealed defects that, in rare cases, can cause the respective part to break. We will replace any bars that break due to concealed weakness within a period of two years from the date of purchase.

**Damage to the rope surface shall be reported as soon as possible in order to enable the repair within the scope of the warranty. Opening and repositioning the existing knots as well as excessive load and improper use results in expiry of the warranty.**

## 9.2 Cleaning

In the case of slight soiling, allow the soiled spots to dry (bone-dry) and remove the soiling with a textile brush. Grease stains can be removed with vinegar water or soap water. You can remove heavy stains by hand, e.g. using ox-gall soap. If the net is very dirty, it can be washed in the washing machine (see washing instructions).

### 9.3 Washing instructions

The BABYSCHWINGER/ KINDERSCHWINGER is designed to be used as relaxation furniture and is therefore not suitable for regular washing. A TRAUMSCHWINGER net should not be washed in the same way as clothing or woven textiles. Therefore, please observe the following instructions:

#### **Preparation:**

Remove the crossbars and lateral bars and take the BABYSCHWINGER/ KINDERSCHWINGER down. Remove the net from the height-adjustment mechanism. Spread the net on a clean surface and place the ropes on the net. Now fold the net by its length so that the ropes are covered. Roll up the net to a bundle, starting from the head side. To prevent the net ropes from getting distorted and twisted during washing and spinning, be sure to fill the washing machine. If your BABYSCHWINGER/ KINDERSCHWINGER net does not fill the washing machine, you can add other clothing or towels of similar colours that do not bleed. You may also want to use a sufficiently large mesh washing bag to prevent the net ropes of your BABYSCHWINGER/ KINDERSCHWINGER from getting distorted and twisted. Now put the net into the washing machine. Please note that depending on the size of the net, the washing machine must have the needed capacity (e.g. XXL net approx. 7.5 kg).

#### **Washing:**

Select the wool cycle at 30°C. We have seen that the best result can be achieved with a spin speed of 800 rpm. Higher spin speeds can cause the rope to twist and harden. Use a detergent without bleaching agent and do not use fabric conditioner. Our product recommendation: detergent with soapwort extract, Lanolin wool conditioner, descaler, stain remover. We recommend the eco-friendly care products of W. ULRICH GmbH, which you can purchase in our shop.

#### **Our washing recommendations for the best result:**

Use the detergent according to the dosage instructions on the bottle. To provide extra care and to maintain the softness of the cotton, we recommend adding Lanolin wool conditioner to the fabric conditioner drawer. If your water is very hard, you can add descaler to the fabric conditioner drawer in order to descale the water and get a softer end result. Depending on the weight of the BABYSCHWINGER/ KINDERSCHWINGER, you can use 30-50 ml of wool detergent and descaler.

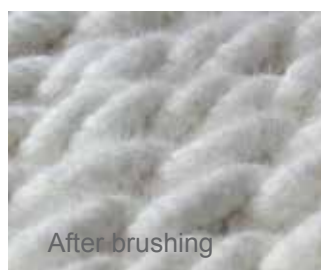
In the case of slight soiling, the cleaning result can be improved by adding stain remover directly into the washing drum. Heavily soiled nets should first be treated with ox-gall soap or stain remover.

**NOTE:** If you want to use stain remover, please observe the manufacturer's instructions, especially if you want to wash a coloured BABYSCHWINGER/ KINDERSCHWINGER net, in order to avoid bleeding. The stain remover of W. ULRICH GmbH delivers compelling results even for coloured nets.

### **Drying:**

The cotton used is not suitable for tumble dryers. After washing the net, be sure to hang up the wet net in a warm and well-ventilated place in order to prevent mould stains. If possible, spread the net on a laundry rack. The drying can take several days. Therefore, wash the BABYSCHWINGER/ KINDERSCHWINGER on dry, warm days or hang it up in well ventilated, warm room. The mesh fabric should only be used again when it is completely dry.

**Brushing:** Due to the humidity, the fine surface fibres stick to each other. To maintain the original fluffiness, treat the fabric with a semi-hard clothes brush after drying. A brush made from pure horsehair is best suited for this purpose.



After drying and brushing the cotton fabric, hang up your BABYSCHWINGER/ KINDERSCHWINGER as described in the manual.

**Note:** The BABYSCHWINGER/KINDERSCHWINGER is designed to be used as relaxation furniture and is therefore not suitable for regular washing.

## **9.4 Adjusting the sitting height**

Using the height-adjustment mechanism, you can adjust the BABYSCHWINGER/ KINDERSCHWINGER to the most suitable height. We recommend adjusting the height in such a way that the foot edge of the net touches the hollow of your knee when you stand under the point of suspension. To adjust the height, grab one of the rope pairs under the height-adjustment mechanism. Unlock them by jerking them downwards.

To lower the BABYSCHWINGER/KINDERSCHWINGER, keep your hands holding the ropes apart at shoulder-width. Evenly release the ropes until the desired height is reached. Then join your hands again and let go of the ropes. The wooden wedge in the height-adjustment mechanism will block the ropes at the desired position.

To lift the BABYSCHWINGER/KINDERSCHWINGER, evenly pull the ropes downwards. When the desired height is reached, release the rope a little bit. The wooden wedge in the height-adjustment mechanism will block the ropes at the desired position.

### **Safety information**

*When adjusting the sitting height, always hold both rope pairs. Pulling a rope pair on only one side can cause the other rope pair to slip through. Do not adjust the sitting height while you or somebody else is sitting in the TRAUMSCHWINGER. Do not hang it too high. Risk of falls! For babies and infants, hang the cradle or the suspended chair as low as possible and put a mattress or a cushion underneath for safety.*

## **9.5 Adjusting the sitting position**

You can change the tilt of the sitting position. The knots enable you to vary between a rather upright position and a rather reclined position. To change the tilt angle, re-insert the lateral bars in the rope sections between the knots. The steeper you insert the lateral bars, the more upright your sitting position gets. Be sure to adjust both lateral bars in the same way.

## **9.6 Sitting down, enjoying and getting up**

Take care that your child does not lean on the lateral bars when sitting down and getting up and does not pull himself or herself out of the BABYSCHWINGER/KINDERSCHWINGER by holding the upper crossbar.

*For your notes*

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