



## Chimparoo Mei Tai Review

### My Rating



The Chimparoo Mei Tai is a great mix of a baby carrier and woven wrap. It has the ease of use of a soft structured carrier and the comfort and supportiveness of a woven wrap. It features padding on the shoulder straps and under baby's thighs and can be worn in four positions. It is also adjustable to carry a small infant to a toddler which is a great feature and made from non-toxic woven fabric.

Buy your own here at [PixieMama](#) or [Hippy Mumma](#) or for US/Canada [click here](#)

### My Highlights

- So comfy!
- It's lightweight
- Feels less bulky than a buckled carrier
- Easy to use once you get the hang of using a Mei Tai
- Very ergonomic for both wearer and baby
- Lovely soft woven fabric
- Can be adjusted for baby's size both in the back panel and the legs



### The Negatives

- It's a tad trickier than using a buckled carrier, but with a small amount of practice it's super comfortable!

### My Chiropractic Opinion on the Chimparoo Mei Tai

The Chimparoo Mei Tai ticks all the boxes for ergonomics. Baby is held in the M position whereby their knees are higher than their bottom and their spine is cradled in a C curve. This ensures their spine and pelvis are supported correctly with no undue stress. For the wearer, the mei tai has padded shoulder straps that cross over which distributes pressure and holds baby in nice and close to ensure there is no extra strain on your spine. See my page on proper ergonomics and it's importance while babywearing [here](#).



### A Day In The Life Of...

A review of the Chimparoo Mei Tai in my daily activities

**Getting baby into carrier in the car park** It's fairly easy for a front carry, you will need to have the waist strap already tied on you before getting baby out of the car

**Is it easier to put it on before leaving the house?** No, but as mentioned before you need to tie it around your waist before getting baby out

**How supported is the baby in the Chimparoo Mei Tai?** Very supported. It allows for the pelvis to remain in a neutral seated position

**Is it easy to carry my baby bag with carrier on?** Yes, it is quite easy.



**Can I hold my older child's hand with the carrier on?** Yes.

**Does it feel hands-free?** Yes, it does and I feel I can use both hands for other things.

**How supported is baby when they fall asleep?** quite supportive, there is little slouching

**Can I breastfeed while wearing the baby in the Chimparoo Mei Tai?** It would probably prove to be tricky breastfeeding baby in the Mei Tai as the straps are tied, but if you were to sit down and untie the shoulder straps to loosen them you could probably breastfeed discreetly.

**Can I bend down to pick up toys, laundry etc?** Yes, but even though his body is well supported, I always put my hand behind her head for extra support.

**Can I sit down while wearing it?** Yes quite easily with my 4 month old

**How does it feel after 30 minutes?** Great! I found it easy to wear for prolonged periods.

**Does it pass the late afternoon/dinner time test? ie; the witching hour!** Yes it did. My son calmed down and fell asleep while I made dinner, which is helpful with three kids!

**Can it hold a toddler?** Yes it can.



More Information as taken from Chimaproo's website <http://www.chimparoo.ca/en/baby-carriers/5-mei-tai>

The term mei-tai refers to a type of Asian-based carrier. Pronounced may tie, its meaning in Chinese (Cantonese) is Mei : carried on the shoulders and Tai :



carrying strap. Its simplicity is what makes it so popular. There are many variations in existence, and the basic common element is a waist-belt and shoulder straps attached to a central panel where baby is seated. The carrier adapts to a wide range of body types. The Chimparoo Mei Tai has a number of unique characteristics: soft woven cotton twill, system of lateral adjustments for a newborn, seat adjustments to accommodate a baby younger than 2-3 months of age, a sleep hood, and padding in the waist, shoulder straps and under the thighs. All these elements make an ideal carrier for the newborn. The carrier is certified for use with a child weighing 7-35 lbs, and thus can be used for as long as you feel comfortable. Your child can be worn in 4 positions: on the front facing in, on the front facing out, on the hip and on the back. The Chimparoo Mei Tai is often considered a hybrid, the compromise between a woven wrap and a soft structured carrier such as the TREK or MULTI 2.0. Made for both men and women, with a look that is both urban and natural. It owes its cozy feel, comfort and support to the same supple, lightweight cotton twill found in our woven wraps. Lightweight and simple to use, it is compact and easy to master. You will find it indispensable, both inside and outside the home. The long shoulder straps will accommodate most body types and allow the carrier to be worn outside your coat.