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front

10/2017

Turtle® Repositioning Beanie Instruction Sheet

Size: 5.875" wide x 6" high

Prints 4-color process



turtle.com



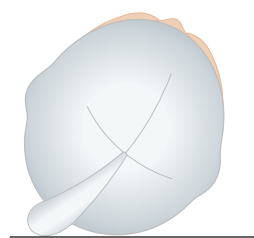
Get the best outcome for your baby with Turtle.



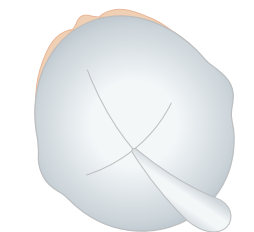
inside spread

To help prevent flat spots:

- 1 Open the front of beanie, loosen the adjustable side straps.
- 2 Place the beanie so that the roll is between the back of your baby's head and ear on one side.
- 3 Close the front opening. Tighten the adjustable straps so the roll is pulled snugly into the back of baby's neck.
- 4 Lay baby in carrier or crib, place baby's head so that baby looks slightly to the side - away from the roll.

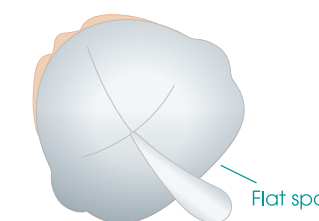


After 2-3 hours, or after feeding, reposition the support roll behind baby's other ear.

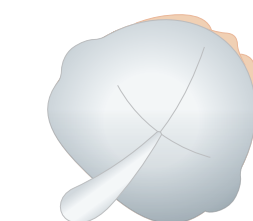


If your baby already has a flat spot:

- 1 Open the front of beanie, loosen the adjustable side straps.
- 2 Place the beanie on baby's head so that the support roll lays over the middle of the flat spot.
- 3 Close the front opening and then adjust the side straps to pull the roll snugly into baby's neck and head.
- 4 Lay baby in carrier or crib with baby's head turned away from the roll, off the flat spot. This may be slightly uncomfortable to begin with, since baby is not used to this position. Baby should settle over time.



After 2-3 hours, or after feeding, reposition the support roll behind baby's other ear.



If baby has torticollis as well as a flat spot, you will need to follow your pediatric physical therapists directions for use of the Turtle as this can be more complicated and needs the support of a specialist.

- ✓ When baby is ready to be held or fed by you, remove the Turtle Air. If baby is ready to go back into a carrier or crib place the Turtle on baby but this time place the roll in a similar position on the opposite side.
- ✓ You can use your breast feeding schedule to remind yourself which side to place the roll. The roll goes on the side that you breast fed on first. If you're not breast feeding you can use a bracelet, switching from side to side.

- ✓ Turtle should be worn when baby is resting against a firm mattress such as in a crib, car seat, stroller or bouncer.
- ✓ Turtle can be safely used during your waking hours when baby is resting in a carrier or crib, but should be removed when you are sleeping.

