

**tortle** PRECISION HEAD POSITIONING SYSTEM



ALL BABIES FROM 0-6 MOS. ARE AT RISK

Age-Appropriate Positioning Plans for your baby! For more information, see [www.tortle.com](http://www.tortle.com)

**FIRST 72+ HOURS**



Hi, I am wearing a Tortle Midliner for my

**#1**

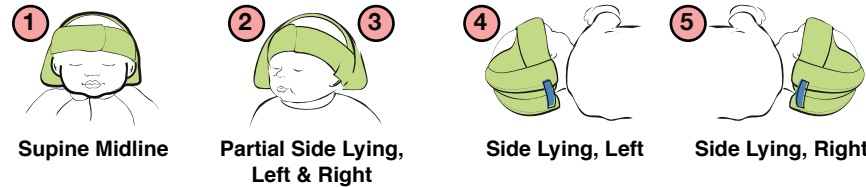
**NEUTRAL POSITION**

Instructions for putting on my Midliner:

Start Date \_\_\_\_\_  
End Date \_\_\_\_\_

1. Position me in supine midline.
2. Slide the open Midliner under my head until rolls are nearly touching my shoulders.
3. Gently pull each strap to remove the slack, then close the straps without tension over my forehead.

*Beginning with supine midline position, please log roll me throughout the neutral positions as needed. I need to move at least once every 6 hours.*



NOTE...Check tightness of fit and my skin at times of care.

**FOR INFANTS UNDER 32 WKS OR UNDER 1500 gms AND AFTER NEUTRAL POSITION**



Hi, I am wearing a Tortle Midliner for my

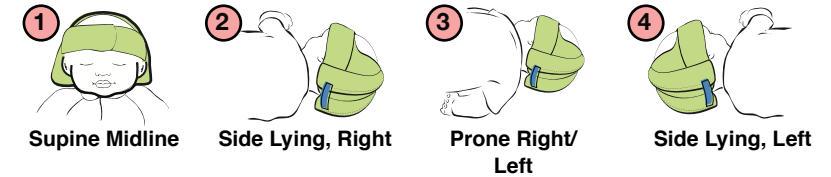
**#2**

**BASIC POSITIONING PLAN**

Instructions for putting on my Midliner:

1. Position me in supine midline.
2. Slide the open Midliner under my head until rolls are nearly touching my shoulders.
3. Gently pull each strap to remove the slack, then close the straps without tension over my forehead.

*Beginning with supine midline position, please log roll me through the following four positions, turning me every 3-4 hours (repeat cycles until I am 32 weeks)*



NOTE...Check tightness of fit and my skin at times of care.

**FOR INFANTS 32-33 WEEKS**



Hi, I am wearing a Tortle Midliner for my

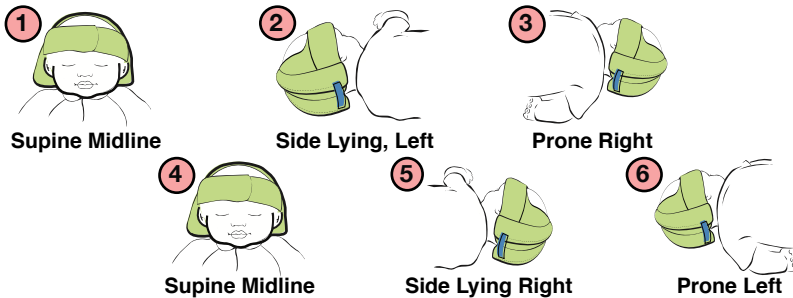
**#3**

**BASIC POSITIONING PLAN**

Instructions for putting on my Midliner:

1. Position me in supine midline.
2. Slide the open Midliner under my head until rolls are nearly touching my shoulders.
3. Gently pull each strap to remove the slack, then close the straps without tension over my forehead.

*Beginning with supine midline position, please log roll me through the following positions, turning me every 3-4 hours, repeating cycles until 34 weeks.*



NOTE...Check tightness of fit and my skin at times of care.

**FOR INFANTS 34 WEEKS**



Hi, I am wearing a Tortle Midliner for my

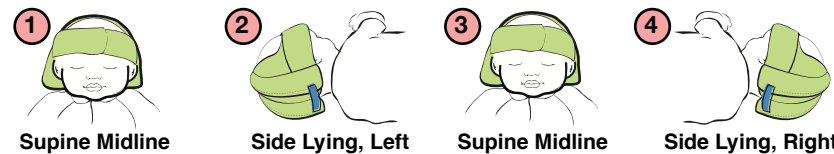
**#4**

**BASIC POSITIONING PLAN**

Instructions for putting on my Midliner:

1. Position me in supine midline.
2. Slide the open Midliner under my head until rolls are nearly touching my shoulders.
3. Gently pull each strap to remove the slack, then close the straps without tension over my forehead.

*Beginning with supine midline position, please log roll me through the following four positions, turning me every 3-4 hours (repeat cycles until I am 34 weeks)*



NOTE...Check tightness of fit and my skin at times of care.

**34 WKS AND AFTER NEUTRAL POSITIONS**

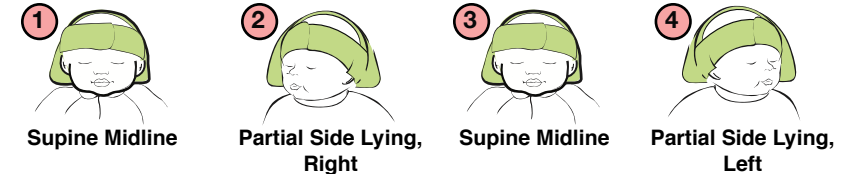


HI, I AM WEARING A TORTLE MIDLINER TO HELP IMPROVE MY HEAD SHAPE OR PREFERENCE

**#5**

Instructions for putting on my Midliner:

1. Position me in supine midline.
2. Slide the open Midliner under my head until rolls are nearly touching my shoulders.
3. Gently pull each strap to remove the slack, then close the straps without tension over my forehead.



NOTE...Check tightness of fit and my skin at times of care.