

HOW TO USE YOUR PREGNANCY BODY PILLOW



BACK SUPPORT

Aligns hips, neck, spine, and legs. For back support and relief from hip and lower back pain, lay down with back against inside of pillow. Legs can be placed on either side of pillow, and rest head on other end of pillow.



UPPER BODY

Can aid in relief of stiffness, swelling, and indigestion. For upper body or lower body support, fold ends of pillow inward, layering one on top of the other. Use to prop upper body or legs and feet.



FEEDING

Only use in this position while feeding and never leave child unattended. For nursing or bottle feeding, place pillow around body as shown, with baby resting flat on center of pillow. This position is intended for healthy infants ages 4 months and older who are able to hold up their head independently.



PROP (TV/READING)

Ideal for relaxing, reading or watching TV. Use body pillow for support when sitting up, positioning pillow as show. Assists in upper body elevation and back support, helping to relieve neck and back pain.

WARNING

Possible **SUFFOCATION HAZARD** to prevent serious injury or death:

- Adult use only. Do not leave baby unattended.
- Use this product only with cover securely in place.
- If using for nursing or breast feeding, use only while seated.
- Do not allow baby to lie face down on pillow.
- Make sure baby's airway is clear at all times during nursing.
- Do not use pillow for infant propping, tummy time, or sitting.
- Do not put any pillow in a cot, cradle, bassinet, playpen, play yard, bed or an area where an infant may sleep.

Failure to follow these instructions may result in serious injury or death.

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