

Enables You to Comfortably hold your baby Skin to Skin



Labor Delivery



Postpartum



Breastfeeding

Safely hold, comfort and carry your growing baby and be hands-free with the Second Skin Swaddle



3 weeks old

Jennifer with Beckett



9 months old



Julie with Eve at 3 months

Flex-Fit-Fabric conforms to the weight of baby



Pump hands free while holding baby



Twin Second Skin Swaddle # 8080

Normal Purchase Size	Swaddle Size	These sizes are pre-pregnancy sizes. Adjust size accordingly if weight gain is more than 20 lbs.
2 — 4	XS	
6 — 8	S	
10 — 12	M	
14 — 16	L	
18 — 20	XL	

View the videos on our website — **“Instructional video for Second Skin Swaddle “Kangaroo Mother Care for Your Newborn”**

www.preciousimagecreations.com



SECOND SKIN SWADDLE

#8077

Step-by-Step Instructions

To Upright Position



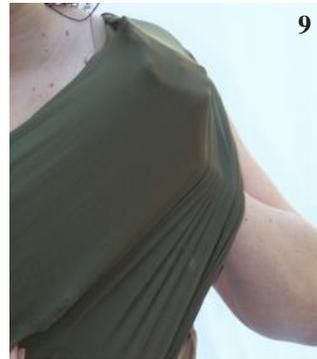
There are two sections to the Second Skin Swaddle. Each section has a short straight side and a long curved side.

With the short side in the back, pull first section over your head letting it rest at your waist, having large curved seam in the front.

Push down to your waist. Repeat step 1&2 and smooth.

Place your baby upright between your breasts with baby's knees higher than his bottom (Called Froggie Position)

Pull the upper section of the swaddle up to the back of your baby's neck and smooth sides.



To position the first section of the swaddle on the shoulder, pivot your right arm toward your back. Then slide your hand inside the side back of the top swaddle.

With your hand through the top section of the swaddle, begin to slowly lift your straightened arm. The swaddle will slide toward your shoulder.

Adjust the swaddle on your shoulder and spread fabric.

To open up the front: slide your hand under the shoulder fabric and grip the underside of the neck edge.

Then pull out the inner edge of the under side of fabric toward arm.

This twist forms a mini cap sleeve, tightens front and forms one side of the front upper edge.



Check to see that the correct pouch is formed with the inner edge of the Swaddle cupped under your baby's bottom and that it is up to the front edge of the diaper.

Pull up the second section of the swaddle and repeat steps 8 through 14 (Second section is black)

Check both sections to see that pouch is formed and the sections of fabric are up to the back of your baby's neck. Baby in upright position with airways clear.

Baby is now in a safe upright position with neck secured twice by the top edges of the swaddle and baby is cupped in pouch or sitting position.

For your older baby
Your baby's legs are out of pouch with baby's knees higher than his bottom, and baby's bottom is secured in pouch.

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Second Skin Swaddle Step-by-Step Instructions for Breastfeeding Position



1
Pull up the outer section of the Swaddle and begin to shift your baby's bottom in the inner section, Remove your baby's feet from inner section of the Swaddle. (Keep your baby's bottom secured in the inner section of the swaddle.)



2
Slide you baby to breastfeeding position. (Green section is the inner section)



3
When your baby is positioned pull the outer section of the swaddle over your baby's feet and legs. (Outer section is the black section)



4
Untwist the shoulders for breastfeeding.



5
Slide your baby to breastfeeding position



6
Julie with Eve at 3 Months

Pumping Hands Free



1
Undo twist in both shoulders and smooth.



2
Separate the two sections of the Swaddle over the breast



3
Insert the flange of the pump between the two sections of the Swaddle. Adjust edges To secure the flange for pumping.



4
Hold your Preemie or larger baby and pump hands free Can pump hands free without baby



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The Second Skin Swaddle Key Points for Holding and Baby Wearing



For your Newborn in Postpartum

Baby should be kept upright between breasts with head turned and flat against chest. Mom and baby are to be chest to chest with both shoulders of baby on Mom's chest.



For Baby Wearing Your Newborn

- A pouch is formed when the front sections are pulled up to the top of the diaper.
- Secure your baby's neck twice with the top edges of the swaddle sections.
- When both sections of the Swaddle are pulled up, a pouch is formed to secure your baby
- Baby's legs are cupped in pouch
- Airways are clear



Breastfeeding your Newborn

- When breastfeeding your baby, make sure his head is in a sniffing position and he is on the upper side of your breast
- Baby's face should never be pressed against breast tissue or turned in against your body, or into the fabric of the Swaddle



Breastfeeding Your Baby

- Babies bottom is secured in inner pouch.
- Neck supported by upper edges of fabric.
- Airways are clear



Swaddling your older Baby

- Your baby's legs are out of pouch with baby's knees higher than his bottom.
- Baby's bottom is secured in inner and outer pouch.
- Neck supported by upper edges of fabric.
- Airways are clear



BABIES SHOULD ALWAYS BE VISIBLE & KISSABLE

- Keep baby's chin off his/her chest. You should be able to place 2 fingers between your baby's chin & chest.
- Baby's face should be in view at all times, never covered.
- Baby should be high on wearer's body, "close enough to kiss" the top of head.
- Baby's face should never be turned in against wearer's body or into the fabric of the swaddle.
- Place baby in semi-upright position for breastfeeding & upright position for wearing.
- Use extra caution when wearing a baby under 4 months old.



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Why Hold Your Baby Skin-to-Skin?

Skin to Skin is the Best Place for Babies to Transition to life

*Benefits for Mom: Skin to Skin Contact

- Increased rate of successful breastfeeding
- Reduce maternal stress and postpartum depression
- Promotes parent-infant bonding
- Increased milk production
- Decreased pain and faster expulsion of placenta
- Increased confidence in infants care

*Benefits for Infant: Skin to Skin Contact

- Improves brain functioning
- Decreased number of infections
- Latch on and feed better
- Are happier, calmer, less stressed
- Infants rarely cry
- Improves heart rate, respiratory and gastrointestinal function
- Help to regulate temperature and blood sugar

How to receive the benefits of Skin to Skin Contact

- Have the mother provide continuous KC until discharge. Mother and infant should remain in KC as much as possible throughout the postpartum stay for improved interactions, development, and breastfeeding ([Kent et al., 2012](#); [Vasquez & Berg, 2012](#)).
- Continue KC as much as possible throughout the first three months of life ([Chalmers, O'Brien, & Boscoe, 2009](#))
- Use KC as a FIRST intervention for breastfeeding problems ([Vazquez & Berg, 2012](#)).
- Remember, Kangaroo Care is the newborn's playground ([Winberg, 2005](#)).
- Kangaroo Care's continual use throughout the mother's day can be accomplished using a tube top, slings, or wraps to position the infant near the breast while maintaining maternal modesty as the mother conducts routine postpartal activities.

(Excerpts from below article)

A Comprehensive Evidence-Based Review of Skin-to-Skin (Kangaroo) Care with Fullterm Infants

Susan M. Ludington-Hoe, R.N., CNM, Ph.D., FAAN

Barbara Morrison, R.N., CNM, FNP, Ph.D.



Warning Fall Hazard

1. Use extra caution when wearing a baby weighing less than 8 pounds using extra checks for clear source of air. Your child's face should be in view at all times, and at or above the rim of the swaddle.
2. Check often to make sure your child is not too hot, the fabric fits snugly but not too tight, and that your child is positioned at or close to your chest, and is secure in the Swaddle. If the Swaddle does not fit snugly over you and your child or feels too tight, discontinue use of the Swaddle; you may need a different size.
3. Check often to ensure that the fabric does not cover your child's face, the position of your body does not restrict your child's airflow, and that your child's chin is not pressed down into his/her chest thereby restricting airflow.
4. Child's body is towards you with his head turned and flat against the chest until he or she can hold head upright. Until your child has sufficient head and neck control, only the Kangaroo position and the Breastfeeding position is recommended. When your child is able to sit alone you may explore other ways to wear the Swaddle. Always make sure that you have one arm encircling your child's back at all times for support and balance with an active baby.
5. Before every use, check to make sure that the fabric and seams of the Swaddle are in good condition. If there are worn areas of fabric, rips, loose seams, or other visible signs of damage or deterioration to the Swaddle, discontinue use of the Swaddle.
6. If you bend or stoop down while wearing your child in the Swaddle, do not bend at the waist; Always bend at the knees and make sure your child stays secure in the Swaddle. When wearing your child in the Swaddle move carefully around the doorways, sharp edges, hot objects and anything else that could potentially injure your child. Do not drink hot beverages or cook while wearing your child in the Swaddle.
7. Neither Precious Image Creations Inc., nor its affiliates, Birthing Centers, distributors, wholesalers, or retailers, are responsible for accidents or injuries that occur from improper use of the Swaddle or use that is not recommended by Precious Image Creations Inc. or as a result of any subsequent alteration or modification to the Swaddle.