



Parent instructions on how to use the Tummy Tub®

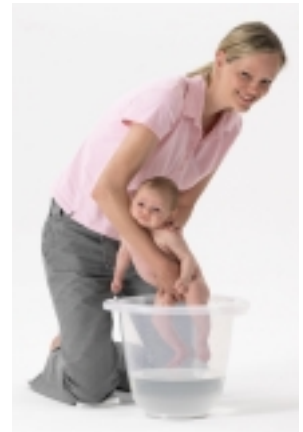
With a Newborn

Fill with water to the fill line (the marking on the side of the Tummy Tub®)



You can put your baby in the Tummy Tub®, holding your baby on top of your forearm, with one of your hands between its legs, tummy against your forearm (there is one arm and one leg on each side of your arm). Using your other hand to support your baby's head, bring the baby to the tub with its head facing it so that they can see where it is going.

Slowly let baby go fully down in the tub (your "base" hand - the hand that is between the legs - goes all the way down to the bottom of the tub) and with the other hand you support your baby's head below the chin.



Whenever it feels comfortable for you and your baby, you can let go of your lower hand. When your baby is still young and unable to hold its own head, you might also feel more comfortable to also support the back of the head with your other hand. Newborns tend to lean backwards a bit with their head like the fetal position while in the Tummy Tub® and that is ok. Either way, when the baby is comfortable, its head only needs to be supported with one hand, so the other hand is free to wash the baby.

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Over 17 lbs.



When your baby is able to sit up all by themselves (or is over 17 lbs.), you only have to fill the Tummy Tub® until the marking that goes all the way around (= 5 litres of water), throw in a rubber ducky and let's play! Some kids like to play with their feet - putting them up while sitting in the Tummy Tub®. So much fun!

Do not worry if your baby wants to stand up at first. Just give them a little bit of time - in the end, they ALL sit down and have fun.

PLEASE MAKE NOTE OF THE FOLLOWING SAFETY WARNINGS WHEN USING THE TUMMY TUB®

- ALWAYS keep you baby in arms reach!
- NEVER leave your baby in the care of children!
- Children can fall into buckets and drown!
- Keep children away from buckets with even a small amount of water!

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