Deluxe Right Height™
Nursing Pillow

summerinfant.com
Deluxe Right Height™ Nursing Pillow

• 3-part pillow: Firm newborn mat, soft contoured pillow and Nurture Boost™
• 100% cotton slipcover included
• Ergonomic design for a more successful latch
• Height adjustable reduces stress on mom’s back and neck
• Naturally designed, developed with lactation consultants
• For breast or bottle feeding

Professionally Recommended

Using a feeding pillow can:

• Provide optimal support to mom and baby for comfortable feedings
• Provide a stable position, promoting a calm infant
• Protect incision site after cesarean
• Facilitate various breastfeeding positions
• Reduce back and neck strain during feedings

Mother Approved

What moms are saying about the feeding pillow:

• “I wish I had this when I was first learning to breastfeed.”
• “Right now I am extremely comfortable and so is he.”
• “I love the pillow boost because it will give me support. I don’t have to hold him at an incline.”
• “This would be great when you’re learning how to latch.”
• “It’s contouring to my lap and stays in place well.”
To Assemble Pillow:

1. Put removable, 100% cotton cover on firm, newborn mat, ensuring the hook and loop fasteners are exposed on each side through the holes in cover.

2. To attach newborn mat to contour pillow, loop the hook & loop tabs on mat through tabs on contour pillow.

3. To attach Nurture Boost to contour pillow, loop hook & loop fasteners on nurture boost through the two tabs on the bottom of the contour pillow.

Getting Started for Breastfeeding

Nursing comes naturally, but comfort and enjoyment result from learnings by both mom and baby. Moms vary in size, and what works for one mom may not work for another. We encourage you to experiment with the adjustable pieces of the pillow to find what works best for you and your baby. To customize the feeding pillow, we have included a firm newborn mat, a contoured pillow and a Nurture Boost™ pillow. These three components can be used all together or combined to support mom’s arms and baby with varying levels of firmness and height.

A comfortable position will ensure that nursing is effective and enjoyable for both mom and baby, essential to stimulate prolactin, which permits let-down or milk flow. Young infants will probably benefit from the added height and firmness of the newborn mat combined with the additional pillows. As the baby grows and the feeding relationship is established, the firm newborn mat with contoured pillow alone may be sufficient. The Nurture Boost™ pillow can be used with the firm top and/or standard pillow to either raise the overall height or incline the support.
Be Prepared:
In the beginning, you may need to experiment to find out what works best for you and your baby. There are a few simple guidelines for using the feeding pillow that can facilitate this process and help make breastfeeding successful. These guidelines can also be useful when the baby is alternating between breastfeeding and bottle feeding by you or another care-giver. Have your feeding pillow close to the place you are most comfortable breastfeeding or bottle feeding (on the couch, in front of a tv, in the baby’s nursery, by your bed, etc.). Have a basket of snacks and lots of water close by, and something you can do with a free hand such as a book to read, a phone, tv remote or a notepad. You can also just relax and stroke your baby. Eye contact is key.

Getting Started for Feeding
Feeding an infant can be one of the most enjoyable parts of taking care of your baby. Before you get started with bottle feeding you want to ensure that you and your baby are comfortable by configuring the feeding pillow to what works best for you.

Be Calm:
Start with a calm baby. Look for early feeding clues, such as clenched fist, hand to mouth, moving lips. If baby is crying, it will be difficult to feed her as her tongue will be at the top of her mouth and will not allow her to latch on properly or to take a bottle right away. If your baby is upset, hold her firmly against your body; walk, talk to her or offer skin to skin contact. Skin to skin contact can sometimes work by just holding the baby against your cheek. Try these tips until she is calm.

Be Comfortable:
Lay the pillow across your lap. Use the firm newborn mat to provide additional stability. Use or remove the Nurture Boost™ Pillow to raise the height to where you are comfortable holding the baby. If breastfeeding, after a few tries, you will have this down and will not have to make adjustments. Depending on where you are sitting (i.e. chair, couch, etc.) and your height, you may also want to prop your legs up on a stool or footrest in order to move the pillow more directly under your arms or bring the baby to breast level.

A few tips when bottle feeding your baby:
• Always hold the baby in a semi-upright position when feeding.
• Hold bottle at bottom and tip up to make sure the nipple is full of milk and no air is trapped.
• Burp the baby halfway through feeding and again at the end.
• Discard all formula or breast milk remaining in the bottle after each feeding. All milk should be used within 1 hour.
• NEVER prop bottles.
Cradle or Cross-Cradle Hold:
To use the Deluxe Right Height™ Feeding Pillow in a cradle or cross-cradle hold when nursing, make sure your baby’s whole body is facing and touching you and is aligned so no part is twisted. Provide a firm touch against her shoulders to help stabilize her. Baby should be chin to breast, nose to nipple. Wait for baby to open wide and stroke her lower lip towards her chin with your nipple. Baby’s lips should be flanged for proper latch. Watch for rhythmic suckling and wide jaw movements. Some mothers like to hold the breast with the other hand while latching the baby on. If you do this, make sure your fingers do not touch the baby’s mouth and are well behind the areola. If you have large breasts, you may want to roll a wash cloth and position it under your breast for additional support or to better see the nipple.

Once baby is latched, relax whatever arm you are holding baby in, recline to comfort and let the pillow support your arms. Remember, your arms are supporting the baby, the pillow is supporting you, and the baby is flexed at the hips and the baby’s arms and legs are tucked into the mother’s body. The baby’s body should be fairly level, with head, neck and back aligned. As you get comfortable, baby might need to be readjusted slightly to keep their chin and head level with the breast. In the early days baby’s arms should be free to help them explore the breast. You can try swaddling later once they have mastered their latch. Watch for 6-8 wet diapers a day and adequate weight gain to make sure breastfeeding is effective.

Tip:
When latching, use breast compressions to express a small amount of milk to encourage the baby to suckle.

Be Positioned:
The Deluxe Right Height™ Feeding Pillow helps achieve ideal positioning to facilitate proper latch. The breast is a circle so there are many ways for a baby to approach the breast. As long as you position the baby snugly across your body and allow the baby to have free movement of her head while feeling slight pressure on her chin and body.
Football or Clutch Hold:
To use the Deluxe Right Height™ Feeding Pillow in a football hold when nursing, lay the pillow across your lap and position the pillow slightly off center on your waist (to the left or right, depending on which side you are nursing from). Use your arm to tuck your baby at your side (on the same side that you’re nursing from) like a football. Your baby should be facing up at you with her nose level with your nipple, her chin to breast, and her feet pointing toward your back. With your arm resting on the Deluxe Right Height™ Feeding Pillow, support your baby’s shoulders, neck, and base of her head with your hand while your forearm is supporting your baby’s upper back. Bring baby to the breast with her nose to your nipple and her chin touching your breast first before latching. Recline to comfort, relax and enjoy the feeding!

The Deluxe Right Height™ Feeding Pillow can also be used for Side Lying Nursing and Biological or Laid Back Nursing. Simply just use the various pieces of the pillow as needed to help you and baby find a comfortable position.

Tip:
Latching should not be painful. If you are having difficulty latching, contact a lactation consultant.
For better sleep, also look for:

The Original

SwaddleMe®

The award-winning SwaddleMe® wrap helps keep babies sleeping safely on their backs while replacing loose blankets in the crib. It also recreates the snugness of the womb, so babies startle less and stay asleep longer. For every stage of development, the SwaddleMe is the only one from day one.™

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