

Newborn Pack

safely to sleep



Bubbaroo®

Joey Pouch® Instructions for use

Swaddling is made easy with the Joey Pouch® - a unique Swaddling Bag. The Joey Pouch® swaddles baby and is similar to a baby sleeping bag.

- Swaddling comforts a baby by simulating the security of its mother's womb.
- Encourages baby to sleep on its back which is advised to reduce the incidences of Sudden Infant Death Syndrome ("SIDS").
- Helps prevent baby being disturbed by their own "startle" reflex.
- Helps babies sleep with fewer awakenings.

100% KNITTED
COTTON WAFFLE



Step 1
Lay the unzipped Joey Pouch® out flat on a firm surface. Place baby's back on central section of the Joey Pouch® with baby's neck over the neck-line and shoulders centred between the two shoulder seams.



Step 2
Wrap the inner flap with baby's arms up near their face or on their chest and tuck under baby's left armpit and under baby's back.



Step 3
Wrap the outer flap again with baby's arm up near their face or on their chest; fasten the press stud; and then fasten the zip down baby's side. Tuck any excess fabric at the bottom of the Joey Pouch® into the cot, bassinette or similar.

Joey Swag®



All our Swags accommodate 5 Point Harness as standard

The Joey Swag® Baby Sleeping Bag can be used from when baby is approximately 3.2kg (7 LBS). If you have used the Joey Pouch® Swaddling Bag then the perfect time to transition from the Joey Pouch® Swaddling Bag to the Joey Swag® Baby Sleeping Bag is once baby's "startle" reflex settles down and/or baby is able to roll from their back to their front.

The Joey Swag® is available in three different weights to be used as follows:

Light-weight – Ideal for hot summer weather and very warm room temperatures 24-28°C (75-82°F)

Medium-weight – Versatile – for warmer weather and room temperatures 20-24°C (68-75°F)

Heavy-weight – Ideal for Autumn, Winter, cooler Spring days and room temperatures 16-20°C (60-68°F)

• Baby sleeping bags have been used by parents in Europe for over 20 years and are becoming increasingly popular in Australia.

• Bubbaroo products feature high quality natural fibres;

100% Woven cotton
- exterior of all Joey Swag® Baby Sleeping Bags and lining of Light-weight and Heavy-weight Joey Swag® Baby Sleeping Bags;
98% cotton 2% polyester towelling
- lining of Medium-weight (Baby's skin only comes into contact with 100% cotton pile of towelling, polyester is in the scrim of the towelling).
(The heavy-weight Joey Swag® is quilted with polyester padding).

Our Commitment

Bubbaroo supports SIDSandKids Safe Sleeping recommendations and is committed to communicating the message on how to reduce the risk of SIDS. You can reduce the risk of SIDS by:

1. Placing baby on their back to sleep from birth, not on their tummy or side
2. Sleep baby with face uncovered (no duvets, doonas, pillows, lambs wool, bumpers or soft toys)
3. Avoid exposing baby to tobacco smoke before birth and after
4. Provide a safe sleeping environment (safe cot, safe mattress, safe bedding)
5. Sleep baby in its own safe sleeping environment

www.sidsandkids.org

SIZING INFORMATION

The Joey Pouch® is designed for newborn babies.

Length: up to 70cm (27.5")

Weight: min. 3.2 kg (7 LBS) » max. 8 kg (17.6 LBS)

The Joey Pouch® should not be used once baby is able to roll from their back to their front.

Little Baby Joey » Up to 6 months
min. weight: 3.2 kg (7 LBS) max. length: 70 cm (27.5")

Older Baby Joey » 6 to 18 months
min. weight: 8.1 kg (18 LBS) max. length: 88 cm (34.5")

Toddler Joey » 18 to 36 months
min. weight: 11.4 kg (25 LBS) max. length: 100 cm (39.5")

Temperature Guide

Currently, Health Professionals don't recommend a specific room temperature for a healthy baby's room. The Joey Pouch® Swaddling Bag and the Joey Swag® Baby Sleeping Bags have been designed to be used at varying temperatures. The table below provides a guide of suggested clothing and bedding baby can wear with their Joey Pouch® or what TOG/weight Joey Swag® can be used. Once asleep, check baby's temperature by placing a hand on baby's chest and/or the back of the neck to ensure baby is comfortably warm and not too hot.

Guide to what baby should wear and the bedding to be used with the Joey Pouch® or Joey Swag®:

Joey Pouch® Temperature Guide			Joey Swag® Temperature Guide		
Room Temperature	Clothing	Bedding	Light-weight Joey Swag®	Medium-weight Joey Swag®	Heavy-weight Joey Swag®
16°C 61°F	Long sleeved romper & singlet or Long sleeved pyjamas & singlet	Bubbaroo® Blankie-			Long sleeved romper & singlet or Long pyjamas & singlet
18°C 65°F	Long sleeved romper or Long sleeved pyjamas	Bubbaroo® Blankie-			Long sleeved romper or Long pyjamas
20°C 69°F	Long sleeved body suit & singlet	No additional bedding		Long sleeved body suit & singlet	Long sleeved body suit
22°C 71°F	Short sleeved body suit & singlet	No additional bedding		Short sleeved body suit	
24°C 75°F	Short sleeved body suit or Short sleeved pyjama top	No additional bedding	Short sleeved body suit & singlet	Singlet	
26°C 79°F	Singlet	No additional bedding	Short sleeved body suit or Short Sleeved pyjamas		
28°C 82°F	Singlet or just a nappy	No additional bedding	Singlet		



WARNINGS • A CHILD'S SAFETY IS THE RESPONSIBILITY OF ITS PARENTS OR CARER • DO NOT LET YOUR BABY OVERHEAT • THE JOEY SWAG® BABY SLEEPING BAG SHOULD BE USED INSTEAD OF BLANKETS AND TOP SHEETS. DO NOT USE A JOEY SWAG® WITH A DOONA, DUVET OR QUILT • DO NOT USE THE PRODUCT IF BABY'S HEAD CAN PASS THROUGH THE NECK-HOLE ONCE IT HAS BEEN FASTENED FOR USE • A NUMBER OF EXTERNAL FACTORS DETERMINE THE CLOTHING TO BE WORN BY BABY UNDER THE JOEY POUCH® AND ALSO THE JOEY SWAG® AND THE TOG RATING OF THE JOEY SWAG® THAT SHOULD BE USED. THESE FACTORS INCLUDE THE TEMPERATURE OF BABY'S ROOM, THE BABY'S HEALTH AND THE AMOUNT OF BEDDING NECESSARY TO KEEP AN INDIVIDUAL BABY COMFORTABLE-THIS MAY VARY FROM BABY TO BABY AS IT DOES FOR ADULTS.



CARE INSTRUCTIONS

WASH DARK COLOURS SEPARATELY. GENTLE MACHINE WASH 40°C. DO NOT BLEACH. DO NOT TUMBLE DRY. ENSURE THE JOEY POUCH® OR JOEY SWAG® ARE ZIPPED UP BEFORE WASHING, DRYING AND IRONING. COVER ZIP WITH A CLOTH WHEN IRONING.

