



-  Uniquely flexible & foldable
-  Breathable & supportive
-  Machine washable cover
-  Waterproof cushion lining
available separately
-  Baby-safe materials

PILLOW CARE INSTRUCTIONS

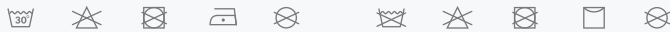
When not in use, unbutton and unfold your pillow to help maintain the original shape.

CLEANING THE COVER

- 100% Polyester.
- Please wash the cover separately before use.
- Unzip the cover and remove the pillow cushion.
- Zip the cover closed prior to washing.
- Machine wash warm on the gentle cycle. Do not bleach.
- Air-dry. Do not tumble dry.

CLEANING THE PILLOW CUSHION

- Polyurethane foam outer & polyester foam filling.
- The cushion pillow should not be submerged in water or placed in the washing machine or dryer.
- Use a damp cloth and mild soap to spot-clean.
- Leave the cushion in a well-ventilated area to dry before replacing the cover.



TO PREVENT SERIOUS INJURY OR DEATH

- Adult supervision is required.
- Do not leave baby unattended.
- Improper use of this product could result in serious injury or death.

POSSIBLE SUFFOCATION HAZARD

- Never allow baby to sleep on the pillow.
- Do not allow baby to lie face down on any pillow.
- Never use within a crib, playpen or other contained area.
- Keep the pillow away from walls or vertical structures to avoid baby being entrapped or suffocated within the gap.
- Not for use on a bed with the baby alone or with a caregiver who may fall asleep while watching the baby.
- To keep baby's airway open at all times do not allow baby to be curled up in the center of the pillow.

PARA PREVENIR LESIONES GRAVES O LA MUERTE

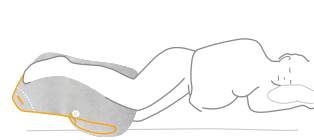
- Se requiere la supervisión de un adulto.
- No deje al bebé sin supervisión.
- El uso inadecuado de este producto puede provocar lesiones graves o la muerte.

POSIBLE PELIGRO DE ASFIXIA

- Nunca permita que el bebé duerma sobre la almohada.
- No permita que el bebé se acueste boca abajo sobre ninguna almohada.
- Nunca la use dentro de una cuna, corralito u otra área cerrada.
- Mantenga la almohada alejada de las paredes o estructuras verticales para evitar que el bebé quede atrapado o se ahogue dentro del espacio.
- No debe usarse en una cama con el bebé solo o con un cuidador que pueda quedarse dormido mientras cuida al bebé.
- Para mantener abiertas las vías respiratorias del bebé en todo momento, no permita que el bebé se acurruque en el centro de la almohada.

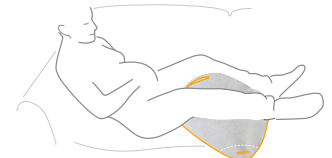
Every body is unique.

Developed alongside a leading chiropractor, the Monarch Pillow can fold and hold over thirty different shapes. Get creative for the perfect fit.



To take pressure off your pelvis while sleeping, align your knees and ankles as wide as your hips for a more comfortable position.

Try fold # **4** **6** **7**



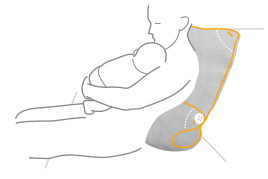
When lounging during pregnancy or postpartum recovery, give your lower back a rest by supporting your knees with a pyramid shape.

Try fold # **10** **8**



Find a comfortable position for nursing, then bring baby up to you. Position the pillow underneath baby, folding for the optimal height.

Try fold # **2** **3** **7**



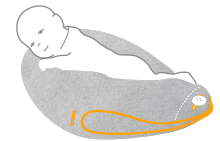
If your neck and/or shoulders feel tired, lie back into the pillow. Take a deep breath to open your chest and let your shoulders relax.

Try fold # **4** **5** **6**



To alleviate fatigue when nursing or bottle feeding, position the pillow behind your lower back with one side supporting your elbow.

Try fold # **3** **7** **9**



Around 6 months old, your baby will be enjoying tummy time to help develop important head and neck control movement.

Try fold # **1** **3** **5**

TRY THESE FOLDING OPTIONS

