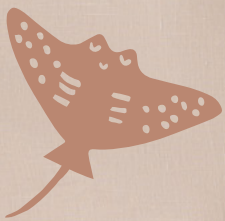
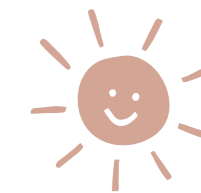


# Sleep, naturally

with ergoPouch





# Contents

**04**  
New Spring Summer Collection

**08**  
Heritage Collection

**12**  
Milestone chart

**14**  
Everything you need for newborn

**15**  
Everything you need for infant

**16**  
Cocoon Swaddle Bag

**17**  
Long Sleeve Rompers

**17**  
Baby Essential Gift Pack

**18**  
Jersey Sleep Sack

**19**  
Arm Warmers

**20**  
Drift Away White Noise Machine

**20**  
Window Blockout

**20**  
Baby Tuck Sheet

**21**  
Butterfly Cardi

**21**  
Matchy Matchy Robe

**22**  
What to wear guide

**24**  
Everything you need for toddler

**26**  
Sleep Suit Sack

**27**  
Sleep Onesie

**28**  
Long Sleeve Pajamas

**29**  
Organic Toddler Pillow

**29**  
Hello Sleep! Bedtime Affirmations

**30**  
Eco-credentials

**32**  
Eco-friendly fabrication

**33**  
Awards

**35**  
Safe sleep checklist



POUCH TALES SS24

# Spring Summer Collection

With a bucketful of toys and a slather of sun cream, we journey to the beach this season with the new and exclusive Spring Summer Collection.

The clay-hued 'Sunny' print features a friendly sun, smiling down their rays as we bask in the warm, salty air. Cool off as we dive under the sparkling surface to explore the teal 'Ocean' print, where an underwater playground of sea creatures await. Jellyfish, manta rays, seahorses, turtles and more — the aquatic gang are all here.

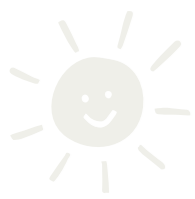


Sunny



Ocean





THIS PAGE, CLOCKWISE FROM TOP:  
 1.0 TOG Cocoon Swaddle Bag in Daisies, Willow, Dragonflies, Ocean, Oatmeal Marle and Sunny;  
 0.2 TOG Short Sleeve Pajamas in Ocean;  
 1.0 TOG Cocoon Swaddle Bag in Sunny and Ocean

OPPOSITE PAGE CLOCKWISE FROM TOP:  
 1.0 TOG Jersey Sleep Sack and Sleep Suit Sack in Ocean;  
 1.0 TOG Sleep Suit Sack in Sunny;  
 0.2 TOG Short Sleeve Pajamas in Sunny and 1.0 TOG Sleep Suit Sack in Ocean





Willow



Oatmeal Marle



Dragonflies



Daisies

# Heritage Collection

FOR SPRING SUMMER

Following on from our new Heritage launch in FW23/24, we welcome our Spring Summer range of products in Willow, Oatmeal Marle, Dragonflies and Daisies.

This Summer we introduce the 1.0 TOG Jersey Sleep Sack with sleeves, perfect for year-round wear.

From SS24, the lightest weight Sleep Suit Sack is now a 0.2 TOG in our stretch jersey organic cotton, while the remainder of the range will still be in our non-stretch woven organic cotton.

























































OPPOSITE PAGE CLOCKWISE FROM TOP:  
 1.0 TOG Cocoon Swaddle Sacks in Daisies, Dragonflies, Oatmeal Marle and Willow  
 1.0 TOG Sleeved Jersey Sleep Sack in Oatmeal Marle;  
 1.0 TOG 1.0 TOG Sleep Suit Sack and 0.2 TOG Two Piece Pajamas in Draonflies

THIS PAGE, CLOCKWISE FROM TOP:  
 0.2 TOG Long Sleeve Romper and 1.0 TOG Jersey Sleep Sack in Daisies;  
 0.2 TOG Jersey Sleep Suit Sacks in Daisies, Dragonflies and Willow;  
 1.0 TOG Sleep Suit Sack in Daisies with Arm Warmers in Oatmeal

# Sleepwear and bedding to suit every milestone

As your child grows and develops, so too does their style of sleeping. There's an ergoPouch product for every milestone whether your child is newborn, crawling or has become an independent big kid.

These flags  indicate a typical journey through the pouch range based on standard developmental milestones.

	Pouches				Layers	Bedding		Accessories			
	<b>Cocoon Swaddle Sack</b> Helps newborn feel snug, secure and controls startle reflex	<b>Sleep Sack</b> Ideal transition from swaddle to baby's first sleep sack	<b>Sleep Suit Sack</b> Converts from a sleep sack to a sleep suit using leg zippers	<b>Sleep Onesies</b> Great for active kids who kick off their blankets	<b>Pajamas/Rompers</b> The only TOG-rated pajamas on the market	<b>Baby Tuck Sheet</b> Helps settle baby by providing warmth, comfort and security	<b>Organic Toddler Pillow</b> Toddler's first pillow — use as a training pillow in the crib	<b>Window Blockout</b> The perfect solution for anyone who need total darkness to sleep	<b>Drift Away White Noise</b> This lightweight bassinet is for your newborn to sleep on the go.	<b>Hello, Sleep! Affirmation cards</b> Help your little one wind down by framing bedtime with a positive mindset	<b>Arm Warmers</b> Pop over any sleeveless Sleep Sack for some additional warmth
NB	 										
0-3M	 										
3-6M	 	 									
6-12M											
12-24M		 	 								
2-4Y			 	 							
4-6Y				 							

# Newborn (0-3m)



From womb to world, ergoPouch has everything you need for uncomplicated newborn sleeping. All babies are wonderfully different, but it may be that your mini will like to sleep in an environment that mimics the close confines of the womb. Swaddling, and ensuring your baby is in a safe-sleep environment, can help achieve this.

A newborn baby cannot regulate their body temperature, so it's important they have products that will keep them warm without overheating their little bodies. Add in the challenges of feeding around the clock and constant diaper changes, and the sleepwear for your newborn needs to work as hard as new parents!

Cocoon Swaddle Sack	pg 16	Butterfly Cardi	pg 21
Rompers	pg 17	Gift pack	pg 17
White Noise Machine	pg 20	Matchy Matchy Robe	pg 21
Window Blockout	pg 20	What to Wear Guide	pg 22
Baby Tuck Sheet	pg 20		



Congratulations, you've survived the newborn weeks! As your baby learns to roll over, it is no longer safe for them to be swaddled or in a bassinet. Your child needs to transition to a safe, arms-out Sleep Sack in a crib to provide use of their arms in lifting and shifting their head to the side for unobstructed breathing whilst lying on their tummy.

You may also find your infant's sleep disturbed by teething, developmental milestones and being more responsive to changing light and noise stimulus during nap time. As you navigate these phases, providing a safe, consistent sleep environment will go a long way to faster settling and gentle soothing.

Jersey Sleep Sack	pg 18	Arm Warmers	Pg 19
Rompers	pg 17	Matchy Matchy Robe	Pg 21
White Noise Machine	pg 20	What to Wear Guide	pg 22
Window Blockout	pg 20		



# Infant (3-12m)





# Cocoon Swaddle Sack

## 0.2 TOG / 1.0 TOG

The simple zip-up design will keep baby snug and securely swaddled without the need for complicated wrapping.

### Sizes

0000 — Heritage Prints only  
0-3M  
3-6M  
6-12M



## Hip Harness 0.2 TOG / 1.0 TOG

For infants who wear a hip harness or brace to treat Developmental Dysplasia of the Hip (DDH)

### Sizes

3-6M, 6-12M



# Layers

## 1.0 TOG Long Sleeve Rompers

Designed to be worn underneath any of our Sacks, our Long Sleeve Rompers are slim fit to prevent bunching, and feature a unique three-way zip for easy dressing.

### Sizes

0000  
0-3M  
3-6M  
6-12M  
1Y



## Baby Essentials Gift Pack

Designed to meet the needs of a baby, the Baby Essentials Pack features a super soft 0.2 TOG Long Sleeve Romper and a Bodywear Singlet, both in size 0-3M (000).

During the early sleepy weeks of a feed / settle / sleep routine, our premium and breathable natural fibers will have little one snoozing and snuggling safely and comfortably.



# Jersey Sleep Sack

## 0.2 TOG / 1.0 TOG

The ideal first Sleep Sack following the swaddling phase, its slim fit design and stretch jersey cotton mimics that of a swaddle.

### Sizes

3-12M  
8-24M

**Willow**  
Heritage Collection



**Dragonflies**  
Heritage Collection



**Oatmeal Marle**  
Heritage Collection



**Daisies**  
Heritage Collection



**Ocean**  
Spring Summer Collection



**Sunny**  
Spring Summer Collection



## Sleeved 1.0 TOG

Our favourite 1.0 TOG Jersey Sleep Sack now has the option of sleeves for year-round wear.

### Sizes

3-12M  
8-24M

**Willow**  
Heritage Collection



**Dragonflies**  
Heritage Collection



**Oatmeal Marle**  
Heritage Collection



**Daisies**  
Heritage Collection



# Jersey Sleep Sack

## Hip Harness 0.2 TOG / 1.0 TOG

For infants and toddlers who wear a hip harness or brace to treat Developmental Dysplasia of the Hip (DDH)

### Sizes

3-12M  
8-24M

**Oatmeal Marle**  
Heritage Collection



## Arm Warmers

A bolero style jacket with 1.0 TOG rated arms, our Arm Warmers are designed to be worn over the top of any sleeveless Sleep Sack for additional warmth.

### Sizes

3-12M  
12-36M

**Oatmeal Marle**  
Heritage Collection



# Newborn Sleep Tools

## Drift Away White Noise Machine

The Drift Away Portable White Noise machine features seven white noise sounds, designed to promote deep, restorative sleep for babies and adults by masking disruptive noises in the sleep environment. Incorporate the Drift Away sound machine into your sleep routine by playing one of the sounds at bedtime to help you and/or your baby be soothed and calmed to sleep, and build healthy sleep cues and habits.

With its lightweight design and rechargeable battery, the portable white noise machine is easy to take for naps on the go. The built-in soft LED light has three settings, and can help with overnight diaper changes, feeding and finding baby's lost pacifier.



## Window Blockout

The reusable, static-cling Window Blockout is the perfect solution for babies and toddlers who need total darkness to sleep. The blockout is white on both sides to seamlessly blend into your decor. It both blocks out light and reflects light away from windows, helping to regulate the room temperature.



### Sizes

2 pack  
3 pack  
Roll size: 46cm x 183cm

## Baby Tuck Sheet

This innovative product is a TOG-rated alternative to blankets for a newborn baby. A firm-fitting mattress sleeve, the Baby Tuck Sheet follows safe sleep guidelines and is independently tested and approved by the INPAA.



### Sizes

Bassinet, Crib

# Newborn Sleep Tools

## Butterfly Cardi

The Butterfly Cardi is designed to be worn over your baby's swaddle, to help them transition to arms-out with minimal sleep interruptions and maximum sleep comfort.

It can also be used for babies who prefer to sleep arms-up, rather than swaddled.

### Sizes

0-3M, 2-6M



# For parents

## Matchy Matchy Robe

This gorgeous and luxuriously soft bamboo viscose robe drapes over the body for the ultimate in stay-at-home comfort for pregnant people or parent. Match with your littlest loves in a range of Heritage Prints.

### Sizes

One Size



# Our What To Wear Guide has had a makeover!



Take the guesswork out of dressing your little one for sleep with our handy guide



**ergoPouch AUSTRALIA Room Thermometer and What To Wear Guide**

**Step 1:** Determine your room temperature

**Step 2:** Choose your TOG-rated Sack and Romper combination

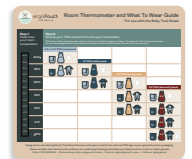
TOG refers to fabric thickness and insulation. The lower the TOG, the lighter the fabric. The higher the TOG, the thicker the fabric. You can interchange between both sleeved and sleeveless Sacks with this guide. See over for more information.

Room Temp	0.2 or 0.3 TOG (cool) Sack	1.0 TOG (mild) Sack	2.5 TOG (warm) Sack	3.5 TOG (warmest) Sack
79°F	0.2			
77°F	0.2	1.0		
75°F	0.2	1.0		
73°F	0.2	1.0		
71°F	0.2	1.0		
69°F		1.0	2.5	
67°F		1.0	2.5	3.5
65°F			2.5	3.5
63°F			2.5	3.5
61°F			2.5	3.5
59°F				3.5
57°F				3.5
≤54°F				3.5

Designed for use with ergoPouch Tuck Sheet, Sacks and Rompers. Look for the coloured TOG tags on your garments and on packaging. Please consider other factors such as illness, air-conditioning/heating and whether your baby tends to run hot or cold in general. Call us: 1800 454 6803 • Chat and shop online: ergopouch.com • Email us: cs@ergopouch.com • Follow us: @ergopouch\_usa

Room Temp	0.2 or 0.3 TOG (cool) pouch	1.0 TOG (mild) pouch	2.5 TOG (warm) pouch	3.5 TOG (warmest) pouch
79°F	0.2			
75°F	0.2	1.0		
71°F	0.2	1.0		
68°F		1.0	2.5	
65°F			2.5	3.5
61°F			2.5	3.5
≤57°F				3.5

Make sure to adjust your baby's Sack and Rompers accordingly, when using the Baby Tuck Sheet



## What's changed and why?

Both our Sack and Tuck Sheet Thermometers and What To Wear Guides have had a makeover to make them even easier to use and understand.

The temperature strip now runs vertically up the left in 2 degree increments and the columns now have a colored strip above them to indicate which TOG Sack is recommended for those temperatures. We have also adjusted the temperature ranges suggested for each TOG to align these suggestions better with feedback from our valued community.

On the reverse, there is an FAQs and troubleshooting section to help answer any questions you might have.

Of course, if you have worked out what works well for your child, please continue to follow your instincts — our What To Wear Guide is intended as a guide only to take the guesswork out of bedtime.

- 0.2 TOG** COOL ROMPER / SACK 72°F+ / 22°C+
- 0.3 TOG** COOL ROMPER / SACK 72°F+ / 22°C+
- 1.0 TOG** MILD ROMPER / SACK 70-75°F / 21-24°C
- 2.5 TOG** WARM ROMPER / SACK 63-70°F / 17-21°C
- 3.5 TOG** WARMEST ROMPER / SACK 57-66°F / 14-19°C

Spring | Summer  
Fall | Winter

Designed for use with ergoPouch Tuck Sheet, Sacks and Rompers. Look for the colored TOG tags on your garments and on packaging. You can interchange between both sleeved and sleeveless Sacks with this guide. See over for more information. Please consider other factors such as illness, air-conditioning/heating and whether your baby tends to run hot or cold in general.

Room Temp	0.2 or 0.3 TOG (cool) Sack	1.0 TOG (mild) Sack	2.5 TOG (warm) Sack	3.5 TOG (warmest) Sack
75°F	0.2			
71°F	1.0	1.0		
68°F		1.0	2.5	
65°F			2.5	3.5
61°F			2.5	3.5
57°F				3.5
≤54°F				3.5

# Toddler (1-3y)



When your sweet babe reaches toddler-hood, this exciting milestone can often be accompanied by many sleep disruptions. A walking toddler wants to explore their world and their boundaries. They may no longer want to be confined to a sleep sack, but will soon start blanket and pillow training (from 2 years).

Cognitive leaps alongside motor leaps can also contribute to refusal to settle or sleep, and you may also be attempting toilet training. At this stage, sleepwear can also help your toddler to understand positive associations with sleep and create healthy bed time habits.

Sleep Suit Sack	pg 26	Toddler Pillow	pg 29
Sleep Onesie	pg 27	What to Wear Guide	pg 24
Rompers	pg 17		
Short Sleeve Pajamas	pg 28		
Long Sleeve Pajamas	pg 28		
Affirmation cards	pg 29		



# Preschooler (3-6y)



The time has come to graduate your sleeping beauty from the confines of their crib to a big bed! While your little human is adjusting to their big bed, they may need help figuring out how to sleep under blankets and use a pillow.

Your child may also be overnight potty training around the same time, which brings its own set of challenges (and washing — lots of washing).

Sleepwear and bedding for your independent preschooler should encourage agency and self-sufficiency, whilst also keeping them safe.



Sleep Suit Sack	pg 26
Short Sleeve Pajamas	pg 28
Long Sleeve Pajamas	pg 28
Affirmation cards	pg 29

# Sleep Suit Sack

## 0.2 TOG

A safe way to keep little one warm without the need for extra blankets, the Sleep Suit Sack converts from a Sleep Sack to a suit with legs using zippers.

NEW in 2024, the 0.2 TOG jersey fabric Sack replaces the 0.3 TOG sheeting fabric Sack.

### Sizes

3-12M  
8-24M  
2-4Y  
4-6Y



NEW

# Sleep Onesie

## 1.0 TOG

These are the perfect option for toddlers or preschoolers transitioning into a big bed; kids who kick off their blankets; or little ones who don't like the restriction of a Sleep Sack.

### Sizes

12-24M  
2-3Y



## 1.0 TOG

A safe way to keep little one warm without the need for extra blankets, the Sleep Suit Sack converts from a Sleep Sack to a suit with legs using zippers.

With capped sleeves, and a luxurious 400 thread count outer, our 1.0 TOG Sleep Suit Sack gives freedom in the cot for active infants and toddlers.

### Sizes

3-12M  
8-24M  
2-4Y  
4-6Y — Heritage Prints only



# Pajamas

## 0.2 TOG Short Sleeve Pajamas

Perfect for toddlers and kids who are toilet training and self-dressing, our Short Sleeve Pajamas are slim-fit to for wear underneath a Sack, or on their own.

**Sizes**  
2Y, 3Y, 4Y, 5Y, 6Y



## 0.2 TOG Long Sleeve Pajamas

The only TOG-rated Pajamas on the market, these Long Sleeve Pajamas are ideal for cooler spring nights.

**Sizes**  
2Y, 3Y, 4Y, 5Y, 6Y



# Toddler Sleep Tools

## Hello Sleep! Bedtime Affirmations Cards

Designed to help process the day’s big emotions and stimulate affirmative conversation and thoughts before sleep, these cards will help ease negative or anxious feelings and carry your mini into slumber with positivity and reassurance.

Each affirmation has been written with language and concepts kids aged 2–5 years can understand and has been reviewed and approved as appropriate for 2–5 year olds by a registered pediatric psychologist.



## Toddler Pillow & Case

The Organic Toddler Pillow and Case features a low profile designed to support the correct alignment of the neck during sleep from 2 years of age. Made from soft, breathable, 100% GOTS certified organic cotton.



# Leaders in organic, ethical and sustainable sleepwear.

We believe all children deserve to sleep in premium fibers that care for their health and safety, as well as the environment.

All our garments are made with the highest quality GOTS certified organic cotton and are Non-Toxic certified by C&K Testing.

Designed and manufactured to last through many children over time, our garments encourage lower consumption. We actively support sustainability initiatives with our consumers, engage with sustainable print partners, and are always finding new ways to reduce our environmental footprint.



## Protecting the environment for your children's children

Organic cotton is grown to minimize the impact on the environment, using less water, reducing toxic emissions and replenishing soil fertility. Our organic cotton is free from pesticides and is not genetically modified like conventional cotton.

All ergoPouch products are dyed using a water-based ink meaning that they're non-toxic for your child and their skin, and better for the environment.

Our fabrics are chemically tested and certified annually to show they are free from lead, phthalates, and formaldehyde by Hangzhou C&K Testing Technic Co. Ltd.

## Non-toxic certified, organic cotton and bamboo fibers

Rest easy knowing that you are making the best choice for your child. Natural fibers are safer for your child and better for their skin because:

- they allow the skin to breathe
- they regulate body temperature
- they reduce the chances of overheating
- they reduce eczema flare ups
- no toxic chemicals sit against your child's skin

Our fabrics are GOTS certified at our factory by Peterson Control Union.

## Ergonomically designed

As your child grows and develops, so too does their style of sleeping. ergoPouch products are designed for the unique sleep challenges at different ages and developmental milestones.

## Empowering parents

We understand sleep is a journey and the goal posts are constantly moving when it comes to children's sleep. We're here to support you and help you to make informed decisions around your child's sleep.

## Quality, durability and longevity

All our products are made to safe-sleep standards with the highest quality materials and manufacturing techniques to ensure safety and longevity. An ergoPouch will last for years and through multiple children, meaning less consumption over time.

They're also approved by the International Hip Dysplasia Institute to be hip-friendly.





# Eco-friendly fabrication

## Cocoon Swaddle Sack

**0.2 TOG:** 95% Organic Cotton & 5% Elastane  
**1.0 TOG:** 55% Organic Cotton, 40% Bamboo Viscose & 5% Elastane  
**2.5 TOG:** Body & lining: 95% Organic Cotton & 5% Elastane  
 Filling: 100% Organic Cotton

## Jersey Sleep Sack

**0.2 TOG:** 95% Organic Cotton & 5% Elastane  
**1.0 TOG:** 55% Organic Cotton, 40% Bamboo Viscose & 5% Elastane  
**2.5 TOG:** Body & lining: 95% Organic Cotton & 5% Elastane  
 Filling: 100% Organic Cotton  
**3.5 TOG:** Body, lining & sleeves: 95% Organic Cotton & 5% Elastane  
 Filling: 100% Organic Cotton

## Sleep Suit Sack

**0.2 TOG:** 95% Organic Cotton & 5% Elastane  
**1.0 TOG, 2.5 TOG & 3.5 TOG:** Body, lining & filling: 100% Organic Cotton  
 Side panels & Sleeves: 95% Organic Cotton & 5% Elastane

## Sleep Onesie

**1.0 TOG:** Body: 55% Organic Cotton, 40% Bamboo Viscose & 5% Elastane  
 Sleeves: 95% Organic Cotton & 5% Elastane  
**2.5 TOG & 3.5 TOG:** Body, lining & sleeves: 95% Organic Cotton & 5% Elastane  
 Filling: 100% Organic Cotton

## Rompers & Pajamas

**0.2 TOG:** 95% Organic Cotton & 5% Elastane  
**1.0 TOG:** 67% Bamboo Viscose, 28% Organic Cotton, & 5% Elastane

## Arm Warmers

Body: 95% Organic Cotton & 5% Elastane  
 Sleeves: 100% Organic Cotton fleece

## Baby Tuck Sheet

**0.2 TOG:** 95% Organic Cotton & 5% Elastane  
**1.0 TOG:** 55% Organic Cotton, 40% Bamboo Viscose & 5% Elastane

## Matchy Matchy Robe

95% Bamboo Viscose & 5% Elastane

## Window Blockout

PVC, 0.24mm, 170GSM

## Organic Toddler Pillow

Pillow: 100% organic cotton lining and filling  
 Case: 100% organic cotton

# Awards

## Cocoon Swaddle Sack



## Sleep Suit Sack



## Jersey Sleep Sack



## Baby Tuck Sheet



## Long Sleeve Romper



## Long Sleeve Pajamas



## Drift Away White Noise



Need help deciding on the right product for you? Our customer service team are a wealth of knowledge and can help you find the right tools for your sleep journey, so please email or call us. We look forward to hearing from you!

Call us: 1800 454 6803  
 Email us: [cs@ergopouch.com](mailto:cs@ergopouch.com)  
 Follow us: [@ergopouch\\_usa](https://www.instagram.com/ergopouch_usa)  
 Chat online: [ergopouch.com](https://www.ergopouch.com)



## What to look for when shopping for sleepwear and bedding

Use these handy checklists



### NEWBORN

- TOG-rated for warmth
- Organic, breathable fibers help regulate your little one's temperature and won't irritate sensitive skin
- Support healthy hip and joint development with a bell-shaped bottom
- Ensure it does not provide risk of suffocation or overheating
- Calm startle reflex while still allowing small movements for healthy growth and self-soothing
- Two-way zippers for easy diaper changes.
- Give a feel of closeness and comfort, mimicking the womb



### INFANT

- TOG-rated for warmth
- Organic, breathable fibers help regulate your little one's temperature and won't irritate sensitive skin
- Arms-out sleeping for temperature regulation and safety once rolling
- Support healthy hip and joint development with a bell-shaped bottom
- Ensure it does not provide risk of suffocation or overheating
- Two-way zippers for easy diaper changes.
- Choose a slim-fit or wider sack depending on your child's preference



### TODDLER

- TOG-rated for warmth
- Organic, breathable fibers help regulate your little one's temperature and won't irritate sensitive skin
- Ensure that their legs will not be restricted, both for comfort and to reduce the risk of injury due to crib climbing
- Ease of removal for overnight potty training
- Create sleep cues to develop healthy and positive sleep habits



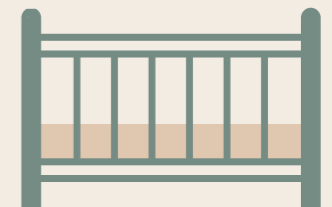
### PRESCHOOLER

- TOG-rated for warmth
- Organic, breathable fibers help regulate your little one's temperature and won't irritate sensitive skin
- Provide warmth while encouraging the use of a blanket and pillow while 'blanket training' in the crib (2 years+)
- Reduce risk of injury if moving about the house overnight
- Provide easy access for overnight toileting
- Encourage positive bedtime routine and associations



### BIG KIDS

- TOG-rated for warmth
- Organic, breathable fibers help regulate your little one's temperature and won't irritate sensitive skin
- Encourage independent dressing and sleeping with sleepwear and bedding that is easy to use.
- Provide easy access for overnight toileting
- Encourage positive bedtime routine and associations



### LAYERS & BEDDING

- TOG-rated Layers and bedding are helpful in determining whether your child will be too hot, cold or just right
- Layers such as pajamas and singlets are worn UNDER your child's pouch, while bedding such as the Baby Tuck Sheet are used OVER your child's pouch (ensure you use the correct product for your child's age and developmental stage)
- Organic, breathable fibers help regulate your little one's temperature and won't irritate sensitive skin
- Consider diaper-changing and potty-training needs overnight

