



Dear Parents,

Allow me to introduce myself. I am Fred. I'm also known as Freddy the Frog, a positioning aid that was designed by a NICU nurse to help comfort your baby and promote positions of flexion (to mimic the comfortable positions that your baby experienced in the womb). I am now a part of your family, and I hope that in the future I will be a keepsake and a reminder of your baby's beginnings.

When I become soiled during your baby's time in the isolette, the nurses may ask you to take me home for laundering. I can be placed in the washer and dryer inside a pillowcase, and I will come out fresh & clean for your baby.

I and the other Frogs here at Women's Hospital were donated through a Family Support Network program that was started by former parents of a baby in this NICU. If you are interested in learning more about the "Adopt A Frog" program, please visit the Family Support Network website at [www.fsnc.org](http://www.fsnc.org), and click on "Donations & Grants."

Much love and many snuggles,

*Freddy the Frog Positioning Aid*

**IMPORTANT!**

This is a positioning aid that is safe to use while a baby is in an isolette and on monitors, but its use should be discontinued when the baby moves to an open crib to be consistent with SIDS guidelines and recommendations.

After your baby graduates to an open crib, please save your Frog in a safe place as a future playmate for your child. Remember that it cannot be used as a stuffed animal, blanket, or pillow, as none of those items should ever be placed in bed with a sleeping baby. Other safe sleep guidelines include:

- *Keep bumper pads and wedges out of your baby's crib;*
- *Keep your baby's nursery temperature set between 68-72 degrees;*
- *Keep cigarette smoke away from the baby.*

To learn more about reducing your baby's risk of Sudden Infant Death Syndrome (SIDS), visit

[www.sidsalliance.org](http://www.sidsalliance.org)