



Front Page (page one)

The Wedgehog®

The world's bestselling reflux wedge

Welcome (page two)

The Wedgehog® is a foam wedge that helps with the positional management of your baby.

The wedge is angled at 18 degrees and can be placed either under the mattress or above it to raise your little one's head above their tummy.

The wedgehog® has been used and loved since 2008 to help reduce the symptoms of reflux.

What is this booklet for?

1. Learn how to look after and care for your wedge.
2. How to get your Wedgehog® Membership.
3. A taster of the advice and guidance available through our article library.

Positioning (page three)

Positioning the Wedgehog® under the cot mattress.

The Wedgehog® supplied without a cover is designed to sit underneath your baby's mattress so that it does not come into contact with the baby at all. Parent's who have specialist mattresses or do not wish to put their baby directly on a wedge, often opt for this wedge.

- The mattress is raised from underneath
- There is no need to be as scientific about where you put the wedge in relation to your baby, as long as their feet are at the foot of the cot (for safer sleeping) and the wedge is in place underneath their upper body, to provide the essential lift for them.
- It may take some trial and error to get the exact position, but like all things baby related, often it takes a few goes to get it just-so.
- If you find the top end of the mattress begins to flop or bend when your Wedgehog® is placed halfway down the underneath of the mattress, then you can add a pillow or a rolled up towel underneath the top end of the mattress, to keep it from bending too much.

Positioning with the Wedgehog® on top of the cot mattress (with cover)

With any reflux wedge, ensure that your baby's feet are at the foot of their cot/crib. To do this, you may need to position the wedge half-way down the cot, depending on the size of your baby and type of sleeping bed used. You may place the wedgehog underneath the cot sheet to add more friction and keep the wedge in place better.

Your baby's head and shoulders are positioned centrally on the Wedgehog®, with the baby's bottom on the flat area of the mattress. Each baby is unique, so exact positioning needs to be tailored. If your baby fidgets and rolls around on the mattress – it may be advisable to use a sleep positioner to help hold them in place.

Although studies show that reflux occurs less frequently in the prone (tummy) position, please consult with a health professional if you feel that your little one will benefit from tummy (prone) sleeping. We would always recommend supine (back) sleeping on all our wedges in accordance with NHS guidelines.

Caring for your Wedgehog® (page four)

If your wedgehog is purchased without a cover, then it can be wiped down with a mild disinfectant and allowed to air dry. It will also help the longevity of the foam if you can turn the wedgehog from

time to time, If you leave the wedgehog in direct sunlight to dry, it may take on a darker colour, as the UV content of daylight will cosmetically darken the colour of the foam. This is only cosmetic and won't affect the functionality of the Wedgehog®.

If your Wedgehog® has a soft finish cover, specially designed for it, then the washing instructions are:

Wash on a low temperature using a mild fabric detergent. You may use fabric conditioner if you choose.

Leave the cover to air dry naturally.

Specific washing instructions for each cover style, will be labelled on the cover itself or on the accompanying leaflet.

We strongly suggest you purchase a spare cover, so you can have one on the wedge and one in the wash.

Frequently Asked Questions (page five)

My baby moves when they sleep on the wedge. How do I stop this?

It can be frustrating when the baby moves down the wedge. All babies are different - some stay exactly where they are put and others wriggle and end up all over the place. Obviously with the addition of gravity the wriggling can lead to a lot of movement when using a wedge.

When babies are elevated in neonatal units, the nursing staff often make a sausage out of a rolled up towel in a pillowcase (to keep it rolled up) and place it under the baby's bottom so that they are supported on an incline. This is normally extremely effective.

Another option is to move the wedge further back a little further so the incline reduces slightly.

Of course there are also sleep positioners which can be used. If you need advice on these please let us know by contacting help@reflux.support.

My wedge has a chemical odour or different colouring. Is this normal?

Yes, these are just cosmetic and do not influence the function of the wedge.

There are zero harmful chemicals in this wedge and it is made from baby safe foam. We use a pure foam which does not have any arsenic and phosphorus of any type. The lack of additives can lead to variations in colour but the fabric of the wedge is always the same.

On the rare occasion there is a slight smell from the manufacturing process a few hours of airing will sort things out. The smell can come from the item being wrapped to quickly after manufacture but once aired any smell/odour will 100% disappear.

I bought a standard Wedgehog® without cover. Now I want the wedge to go on top of the mattress rather than underneath. Can I do this?

Of course! We have covers available separately to convert your standard Wedgehog® into a covered wedge. Alternatively, you can use your own pillow case to put the wedge into before placing it under the sheet of the mattress.

Please contact us using help@reflux.support for covers or advice.

Offers - Other products (page six)

Fantastic Customer Only Special Offers

Use your membership discount on all of our Wedgehog® range. This includes our daytime wedges such as the Play Mat wedge and Changing Mat wedge.

For a limited time it also includes the Child/Toddler Wedge.

Special or Bulk Purchasing (page seven)

Do you buy for the NHS or maybe a school or nursery? We are proud suppliers to the NHS, many charities as well as schools and nurseries.

Contact us at help@reflux.support for more information.

Related images for this page are named SBP.

Article Two (page eight)

How my baby's reflux affected my whole family

Apart from the obvious anxiety and frustration parents feel when they can't resolve a baby's health issues or take them on themselves, there are some very subtle undercurrents that can impact on a family coping with a baby suffering with reflux.

From my own personal experiences with our third child Willow, I felt guilty that I couldn't spend more time with my other children. At first with a newborn, it was expected that I was busy feeding, washing, sleeping alongside our new daughter, mirroring her random moments of sleep and my husband spent a lot of time making sure that our two other children received his attention when I was in this early routine. It seemed to be endless though and I found myself feeling more 'split' between my children as time moved on and Willow didn't improve.

To me it seemed like too much to ask them to grow up fast and just deal with the fact that their little sister was ill. They were just as scared as us when Willow would scream from tea time and into the late evening, but we had to show that we; as parents; were in control. Bedtime was tough because we'd be holding Willow as well as trying to get our other two girls off to bed. Most of the time we weren't in control and I definitely developed symptoms of depression during this period.

See the rest of the article here:

www.reflux.support/family

Article Three (page nine)

I knew my screaming baby had more than 'just colic'.

As with so many first-time parents, my husband Charlie and I had a starry-eyed view of how things would be once we had our much wanted baby. So when Alfie arrived, ten days earlier than expected and following a smooth birth, we left hospital within hours, eager to start the perfect family life we anticipated.

That night, after five hours of attempting to breastfeed, rocking, fan off, fan on (it was summer), Moses basket, our bed, with vest, without vest, we all finally fell into a deep sleep at 4am. This was not how it was meant to be; we were in shock.

Over the next four weeks, a worrying pattern developed. After each feed, Alfie would arch his body and throw his head backwards with surprising force.

His crying escalated from a few tears to a scared, inconsolable screeching, sometimes to the point of choking. Well-meaning midwives, health visitors, family, friends and our GP all tried to reassure us it was 'just colic - all babies get it'. Over-the-counter remedies which others swore by raised our hopes but did not ease the problem.

When we were told it would pass by three months, we were desperate; we did not know how to get through the next three hours. Racked with self-doubt about our parenting skills, we searched the internet tirelessly and read endless books. Had I eaten something which was affecting the breast milk? Was he feeding in the wrong position? Had we winded him enough?

See the rest of the article here:

www.reflux.support/colic

Article Four (page ten)

What exactly is a Cow's Milk Protein Intolerance (CMPI)?

Cow's milk protein intolerance (CMPI) is defined as an abnormal reaction by the body's immune system to one or both of the proteins, Casein & Whey found in Cow's Milk. It is not to be confused with Lactose Intolerance which is the inability to digest the carbohydrate (milk sugar) found in all mammals' milk, including human breast milk. The immune system normally protects our bodies from harm caused by bacteria or viruses. In CMPI the immune system reacts unusually to the protein found in cow's milk. This reaction can cause injury in the stomach and intestines.

It's common to develop a CMPI by having a parent or sibling with an allergic disease (like asthma, eczema, and seasonal allergies). Breastfeeding seems to protect infants from developing CMPI.

See the rest of the article here:

www.reflux.support/cmipi

Membership (page eleven)

Welcome to your Wedgehog® Membership! Providing practical advice, guidance and support during your reflux journey.

As a member you will have access to promotions, offers and vouchers for other reflux products, access to the worlds largest and most current reflux library of articles and advice, support and counselling from our advisers and mentors, access to exclusive on-line events and Q & A Sessions.

Get started with your membership by visiting www.reflux.support/SP563311.

Once logged in to your support pack membership you will automatically see the discounted price in the shop which is 10% off all reflux wedges. Here you can get a second wedge for a bigger device or pram. It also includes changing and play mat wedges.

Don't forget to download the free Reflux 101 eBook which retails at £9.99!

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Your Wedgehog® was distributed by Pelicare (include logo here)

(Group FMI logo)

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