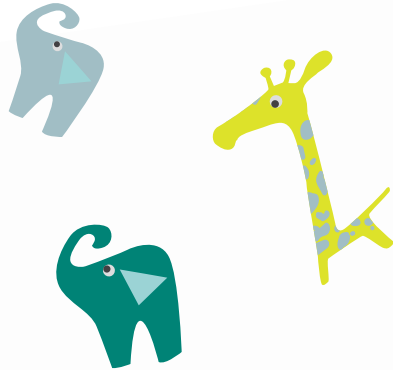




Grow with Turtle.

Flat spots tend to develop from 1-6 months of age. It is most helpful if your baby wears their Turtle to reposition whenever their head is placed against a firm surface like a car seat, stroller, bouncer, or crib to avoid flat head spots or head preference. The Turtle is not needed when you are holding or exercising your baby, OR overnight when you are sleeping. This allows for more healthy neck muscles & balance around the head.



Size | Head Circumference | Avg. Age

Small | 12-14 inches / 30-36 cm | 0-2 mos

Medium | 14-16 inches / 36-40 cm | 2-4 mos

Large | 16-18 inches / 40-44 cm | 4-6 mos

Machine Washable

Air Dry



5460 S. Quebec Street, Suite 150
Greenwood Village, CO 80111

turtle.com | (720) 428-2147



Scan to download your
Turtle Perfect Fit Guide!



Lucky Elephant

Put a stop to your baby's Flat Head Syndrome.

Turtle is the Doctor-designed, FDA-cleared Corrective Beanie that helps prevent Flat Head Syndrome & the development of its associated medical issues.



Front Opening

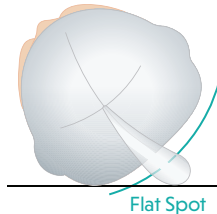
Contoured Support Roll

Adjustable Side Straps for Securement

Turtle.com

Fitting your Turtle when your infant has a flat spot or neck tightening (Torticollis).

- 1 Open the front of your Turtle & loosen the adjustable side straps.
- 2 Place the Turtle on your baby's head so that the support roll lies over the middle of the flat spot. Be sure the beanie covers most of your baby's ears.
- 3 Close the front opening & adjust the side straps to pull the roll snugly into your baby's neck & head. Then lay your baby in the crib, car seat, stroller, bouncer, or on other firm surfaces.
- 4 If the flat spot is more to one side of the back of their head, and baby looks one way most of the time, then once the roll is placed correctly, your baby should then be looking to the side they favor less.
- 5 If your baby's flat spot is at the back, allow baby to turn their head first to one side, then the other. Do this each time you put your baby down on a flat surface.
- 6 If your baby has Torticollis as well as a flat spot, please follow your Pediatric Physical Therapist's directions when using the Turtle. Torticollis usually requires oversight with a specialist. They will likely ask you to put the roll about an inch behind the ear on the side of the tight neck muscles, rather than on the flat spot.



Turtle Tip

To remember which side to turn baby's head when the roll is on the back of the head, you can follow your breastfeeding schedule, or wear a bracelet which you switch from side to side to act as your reminder.

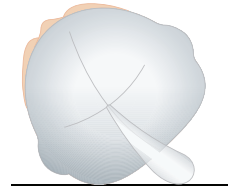
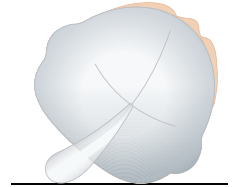
Important Safety Note

Remove the Turtle during feeding/cares, at playtime, & at night when you, the caretaker, go to bed. Your rest is as equally important to your baby's health as their rest is!

Using the Turtle to prevent flat spots.

When your baby is ready to be laid down in a car seat, stroller, bouncer, crib, or any other carrier with a firm surface:

- 1 Open the front of your Turtle, loosen the adjustable side straps, & place the Turtle on your baby's head so that the support roll lies between the back of your baby's head & one of their ears. Be sure the beanie covers your baby's ears.
- 2 Close the front opening & adjust the side straps to pull the roll snugly into your baby's neck & head. Then, lay your baby in the crib, car seat, stroller, bouncer, or on other firm surfaces.
- 3 Remove the beanie when you pick up your baby to provide their cares & playtime.
- 4 Once baby is ready to be put back down in a carrier or crib, place the beanie back on with the roll on the other side.



Turtle Tip

Some car seats have thick head padding, which makes it difficult to use a Turtle. In these cases, you may choose not to use the Turtle. Or, the roll or padding can be removed if your baby is sleeping in the car seat & not traveling.

Important Safety Note

Turtle can be used safely during your waking hours. It should be removed when you are sleeping & unable to supervise your baby from getting overheated.