



1 FIND THE PERFECT SIZE

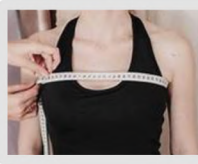
NO-GUESS, CONSISTENT FIT



The Zaky ZAK is unisex and each of the 4 sizes is adjustable with 3 zippers placed 2 inches apart.

Decide if you will hold skin to skin or clothed and find the correct size.

MEASURE AND SELECT



Measure your chest circumference, Select the size and zipper that most comfortably fit your torso.

The fabric will stretch to provide proper containment to the baby. Adjust as necessary.

For hospitals, The Zaky ZAK is color coded (i.e., each size is available in a different color) so coaches know the size by the color, streamlining the entire supply chain and reducing errors.



FIND YOUR SIZE

Size	Adjust to	Chest circumference under the axilla
0	3XS/2XS/XS	27 - 33 in (69 - 84 cm)
1	S/M/L	33 - 39 in (84 - 99 cm)
2	XL/2XL/3XL	39 - 45 in (99 - 114 cm)
3	4XL/5XL/6XL	45 - 51 in (114 - 129 cm)

2 WEAR The Zaky ZAK BEFORE MOVING THE BABY



1. Wrap The Zaky ZAK and prepare to snuggle.

For skin-to-skin contact:

(a) Wear it around your naked torso, or
(b) Wear it over a shirt/robe/blouse that fully opens on the front. Open it under The Zaky ZAK clearing the chest where the baby will be placed.

For holding clothed:

Wear The Zaky ZAK over your clothes, preferably a soft t-shirt or another Zaky ZAK.



2. Select the zipper that fits comfortably and close it on the front for easy access.

If it is too tight it may compromise the baby's breathing. If it is too loose the baby won't be properly contained and may slide.

For preemies, close the zipper on the side to avoid pressure points over the baby. The Zaky ZAK will stretch to fit the size of the baby. Adjust as needed.



3. You are ready to start transferring the baby (and your skin is warming The Zaky ZAK for your baby!)

For skin-to-skin contact the baby wears only a diaper (no higher than the belly button).

3 TRANSFER THE BABY

OPTION 1: STANDING TRANSFER

You will pick up the baby reducing the transfer time, distance, your baby's stress and exposure to cold air. A kangaroo care coach will support you until you can do it alone.



1. Uncover your chest (by partially opening the zipper or lowering The Zaky ZAK) or plan to place the baby over The Zaky ZAK to minimize the time your breasts are exposed.

2. Bend over and lift the baby towards your chest using both hands: one under the baby's diaper, and the other around the back of the neck with the fingers on his/her mandible stabilizing the head. A coach will support you with the process and with any medical equipment.



3. Ensure the correct kangaroo care position, cover the baby with The Zaky ZAK up to the earlobe, and close the zipper.

If the baby is over The Zaky ZAK, lower the fabric under the baby and bring it up covering the baby.

Always hold the baby with your hands during transfer, if the zipper is open, and while standing/walking.

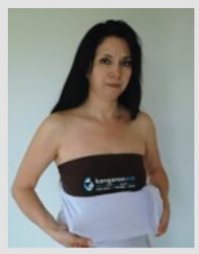


4. The transfer is considered complete when you are sitting/reclined AND:

- (a) The baby is in the proper posture under The Zaky ZAK.
- (b) The Zaky ZAK covers the baby up to the earlobe.
- (c) The zipper is fully closed.

OPTION 2: SITTING TRANSFER

Sit/recline and a coach brings the baby to your chest.



1. When the baby is getting close to your chest, lower The Zaky ZAK (or partially open the zipper) to expose your chest and place the baby in the proper kangaroo care position.

Note that the brown strapless is to cover this mom for the photo, but in real life the chest would be exposed.



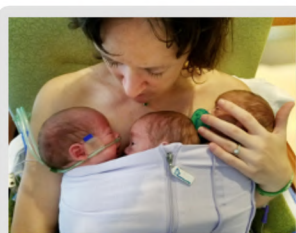
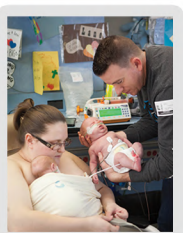
2. Cover the baby with The Zaky ZAK. When possible, wait for the baby to calm down after the transfer before performing any interventions.



3. The transfer is considered complete when you are sitting/reclined AND:

- (a) The baby is in the proper posture under The Zaky ZAK.
- (b) The Zaky ZAK covers the baby up to the earlobe.
- (c) The zipper is fully closed.

TRANSFERRING MULTIPLE BABIES "one at a time and taking your time"



Adjust the size of The Zaky ZAK as needed, depending on the size and number of babies.

While sitting, transfer one baby at a time and wait until s/he is calm. Repeat. Make sure all babies are properly positioned, secure, and the zipper is fully closed.

ACCESSING THE BABY FOR INTERVENTIONS

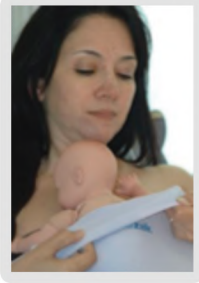
Always get assistance from another adult, as necessary, to ensure the baby's safety.



1. PARTIALLY OPEN THE ZIPPER

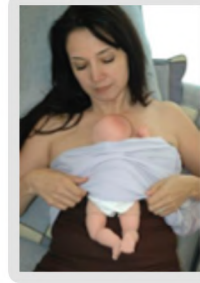
The zipper locks in place (won't slide up or down unless the pull tab is tensioned) so you may partially open it for interventions, pumping, breastfeeding, examinations, etc.

Warning: When the zipper is open or the baby is uncovered, then you must hold the baby with your hand(s) for safety.



2. FOLD IT DOWN

To access the top half of the baby, for interventions (i.e., access the arms, back, etc.) fold down the top half of The Zaky ZAK over the baby (providing extra containment with the double layer of The Zaky ZAK over the baby's back). Cover the baby when finished.



3. FOLD IT UP

To access the bottom half of the baby, for interventions (i.e., heel sticks, change of diaper, massage therapy, etc.,) fold up the bottom half of The Zaky ZAK over the baby (providing extra containment with the double layer of The Zaky ZAK over the baby's back). Cover the baby when finished.



BREASTFEEDING/EXPLORING

Quietly and carefully open the zipper just enough to allow the baby to move to explore while awake, or for you to reposition the baby for nutritive or non-nutritive breastfeeding as appropriate.

As always, when the zipper is partially open The Zaky ZAK is not providing safety so always hold the baby with your hands.



FAMILY INCLUSION

It is important to introduce the baby to loved ones for a seamless inclusion into the family.

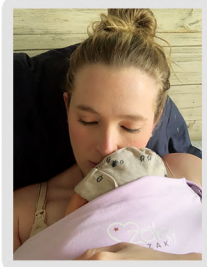
Grandparents and others may hold skin-to-skin (with your permission) or clothed; always with The Zaky ZAK for the most positive sensorial stimulation and safety.

Remember as Yamile says, "any healthy chest is better than a mattress"



INTERVENTIONS

Better outcomes are achieved, and the baby feels less pain when interventions are trauma-informed, and the baby is as calm, still, and comfortable in kangaroo care.



RESTING WHILE HOLDING

All these 5 conditions must be met to hold hands-free, rest, or do other tasks while holding:

1. You are sitting/reclined wearing The Zaky ZAK in the right size.
2. The baby is in the proper kangaroo care position and contained comfortably.
3. The Zaky ZAK covers the baby up to the earlobe.
4. The zipper is fully closed.
5. A coach/other adult is supervising your session.



THERMOREGULATION

When you feel comfortable your sessions are prolonged. The Zaky ZAK gives you the option to wear it by itself if you feel warm, or wear a sweater, shawl, blanket, hospital gown, etc., over your shoulders for warmth.

The baby may wear hat/socks and be covered with a blanket placed over the Zaky ZAK if needed. Never cover the baby's face.



HOLDING NOT SKIN TO SKIN

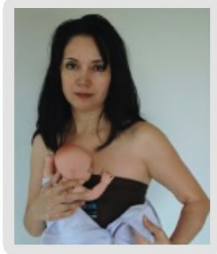
Parents, family members, volunteers, therapists, older siblings etc., may hold the baby with The Zaky ZAK while clothed to provide positive sensorial stimulation and safety. This way is preferred over holding swaddled.



STANDING/ WALKING

Before standing make sure the zipper is fully closed, the baby is in correct kangaroo care position and covered up to the earlobe.

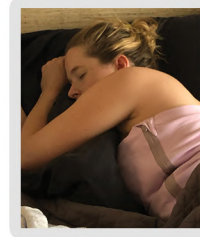
To ensure safety, always place the hands over the baby while standing or walking.



TRANSFER THE BABY

To release the baby (at the end of the session or due to an unplanned event), lower The Zaky ZAK or fully open the zipper. You may also reverse the transfer procedure.

It is quiet, effective, immediate, and provides minimal disruption to the baby at all times.



WHEN NOT HOLDING

The Zaky ZAK is soft, comfortable, natural, and fits your body perfectly. Keep it on when you are **not holding the baby** (use it alone or under another garment) and you will be ready for your next skin to skin session.

ADDITIONAL INFORMATION

- ✓ The Zaky ZAK is ergonomic, evidence-based, proven safe and effective for skin-to-skin contact, kangaroo care, and holding while clothed.
- ✓ The light color and single layer make it easier to detect if there is a leak of fluids or blood, to see the baby's body contour without disrupting him/her to make sure is properly positioned.
- ✓ Close the zipper to wash/dry The Zaky ZAK inside the washing bag (included) and follow the same laundry protocol used for the clothes of babies or items of cotton.
- ✓ In case of emergency (i.e., loss of power to incubators power/generator outages, emergency evacuations, etc.), any adult capable to kangaroo care may wear The Zaky ZAK and keep a baby (or two or three) warm, safe, and calm.
- ✓ The Zaky ZAKs is a must-have patient safety device in the Emergency Kit in every hospital unit that cares for infants.