

# Measure & Apply the NeoBellyBand™



1. Align and elongate the spine. Measure distance from xyphoid process to midpoint between ASISs. This is the **"width"** that fits the baby.



2. On an exhale, measure AC 1 cm above umbilicus. Add 3 cm to that measurement. This is the **"length"** that fits the baby.



**Example:**  
AC measurement = 33cm  
 $33 + 3 = 36$ .  
"Length" for use in Step 3 is 36 cm.

3. **Choose the proper size of band** based on the length and width obtained above:

**XS/S is 9 cm wide x 35 cm long**  
**M/L is 12 cm wide x 40 cm long**

4. **Mark the measurements** from Steps 1 & 2 on the NeoBellyBands using a pen. **Trim the bands** following these steps:

Length: Trim the length at the end with no Velcro.

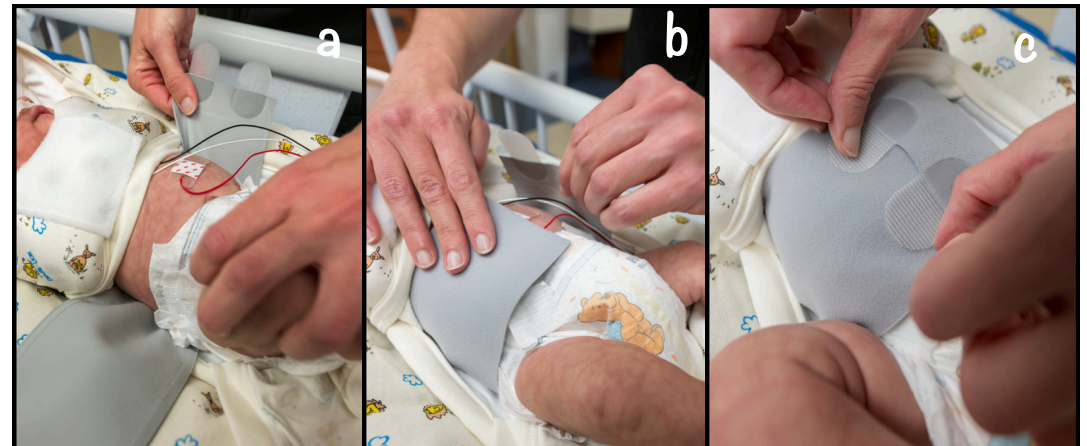
Width: Trim half of the width from the top edge and half from the bottom edge, to keep the Velcro centered.

**Example:**

An untrimmed **XS/S** NBB is 9cm wide, but the baby's "width" measurement from Step 1 is 8cm. The band's width needs to be trimmed by 1cm, so trim 0.5 cm from the top and 0.5 cm from the bottom. This keeps the Velcro centered on the band.

5. **Apply the band:**

- Gently lay the band under the baby, aligned with the xyphoid process and ASISs. Hold up the sides of the band to ensure they are equal.
- Lay the non-Velcro side down over the abdomen.
- Lay the Velcro side on top to "close" the band and gently secure the Velcro. DO NOT CINCH OR TIGHTEN around the waist. Simply lay it closed.



Questions?  
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