

Here's the critical question: Do you need lifting or girdling?

GIRDLE TEST

Compress your hips from the sides toward the midline. If you feel relief, you need a girdling support.

Try the [Better Binder](#)

LIFTING TEST

Cup your hands below your belly and lift upward. Do you feel better? If so, you need a lifting support.

Try the [Baby Hugger](#)

BabyHugger®

Fitting Instructions



Step 1. Put on the cotton underpants and attach the main elastic strap to the center waist



Step 2. Put the strap over your head and pull down firmly to establish tension in the elastic.

The amount of tension that you impart should never cause any discomfort of any kind.



Step 3. Bring the two ends to the front, under your belly, overlap and fasten.

The amount of overlap can tighten or loosen overall tension. Let comfort be your guide.



Step 4. Make sure the X is in the middle and resting in your high low back.

The X can be adjusted for long or short waists by taking apart the pre-crossed point and refastening it up or down. For very tall or wide women, our extra long strap will work best.



Step 5. Add the short wide strap under your belly, attaching it from hip to hip to the main strap for a wonderful added lift.

This second belly strap can be worn on top of or beside the main strap, as you prefer.



Step 6. Side straps are not always worn but give a superbly complete lift.

Side straps keep the main strap wide on the shoulders and invisible.

ADDITIONAL NEEDS:

If you are carrying multiples, have a "torpedo look", or are larger set, add a [Superlift](#). The Superlift 4" wide strap provides tremendous additional lift, and attaches to the BabyHugger.

If you experience joint pain very low in the pelvis, try the [Symphy Support](#). This small extra strap presses on the joint that hurts to relieve pain and helps reduce that "falling out feeling."

ADDITIONAL TIPS:

Always wear your BabyHugger if you will be on your feet or exercising.

BabyHugger can be worn as soon as you have a belly to lift.

If you have varicose veins or hemorrhoids, it is ideal to put BabyHugger on before you get out of bed, before the blood vessels fill. If you wait until later in the morning, lie down on your back—hips and knees bent, feet flat on the bed—and elevate your pelvis with several pillows under your bottom for 5 minutes before you put it on.

If you have pelvic pain or that "falling out feeling", attach a [Symphy Support](#) to your Baby Hugger. A [Symphy Support](#) will offer pressure to varicose veins or hemorrhoids in your perineum.

The Baby Hugger was designed by a physical therapist with over 40 years of experience in women's health and in treating backache during pregnancy. For more information on Baby Hugger inventor, Trena Wicks, [click here](#)