

Helping hands soothe your bub

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Daily Telegraph

By **Kate Sikora**

December 27, 2007 12:00am

EVERY mother could always do with an extra set of hands.

And these muppet-like pillows are apparently the answer, according to mums across the world.

Known as The Zaky, the pillow simulates life-sized hands and could become the next must-have item for parents.

Invented by an American mother Vamile Jackson, the hands give a new meaning to "hands on" parenting. The pillow - which comes in beige, blue or pink - represents the size and weight of a soothing hand.

It can even be warmed, have a scent added and its weight adjusted to make a baby think it really is in mum or dad's arms.

One of the most common complaints on parenting websites is how to settle a crying baby.

While advice differs, settling a baby with a hand is popular. Karitane, which offers residential placements for new parents, also advises parents to use their hands to put a baby to sleep while in a cot.

Despite its popularity overseas, the Zaky pillow is yet to be widely used in maternity wards here.

But Bathurst mum Chez Johnson is hoping to make it the next "must have". The mother of three boys discovered the pillow while surfing the internet recently and fell in love with the concept.

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All mums need an extra set of hands ... and now they can buy muppet-like pillows that simulate life-sized hands that trick babies into falling asleep.

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