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Safe pair of hands helps calm babies

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Article from: [Herald Sun](#)

Kate Sikora

December 27, 2007 12:00am

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

And these pillows are apparently the answer, according to mums across the world, including in NSW country town Bathurst.

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

Invented by American mother Vamile Jackon, the pillows give a new meaning to "hands on" parenting.

The pillow -- which comes in beige, blue or pink -- mimics the size and weight of a soothing hand.

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

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

While sleep experts differ in their advice, settling a baby with a hand is popular.

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

Chez Johnson, 35, a Bathurst mother of three boys, discovered the pillow while surfing the internet

recently.

She needed a present for friends "who have everything" and were about to become first-time parents.

And she loved the concept.

"They can be used for any newborn," she said.

"The inventor originally designed them for premature babies, but anyone can use them. When I saw them, I thought, 'Wow. How come I didn't think of that?' "

Instead of just buying a set of hands, Ms Johnson became an authorised Australian dealer.

The budding entrepreneur said she wished the pillow had been available when she had her twin boys, Max and Sam, four years ago.

"I couldn't help both of them at the same time," she said. "I have my own business number, and I just thought it was such a great idea."

Aimed at making a baby feel secure enough to fall asleep without being held, the pillow is used in maternity wards overseas, but is yet to appear in Australian hospitals.

Ms Johnson received her first shipment this week, and already has locals trying out the pillow.

"My friend who has a four-week-old baby has already noticed a change in three days," she said.

"She is more than happy."

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