Chapter 12
Inflatable Travel Nursing Pillow

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Abstract

Feeding pillows which is also known as nursing pillows usually come in a c or u-shape and go around the waist to provide relief on back, neck, spine and arms. Most women have no difficulty feeding their baby but some of them do face the tough session. Less and light stuff is very important to the traveler in order to make sure that they feel convenience and comfortable during the travelling. As a consequence, an inflatable travel nursing pillow is a good idea to make sure the journey is smooth and all the parents can nurse their baby easily. The objective of this project is to produce a light compact size nursing pillow that will resolve most of the problems faced by nursing mother during travelling. The compact size makes this nursing pillow easy to fit inside a can-sized travel case for quick and convenient packing. Besides, the material used is PVC which is flexible and waterproof rubber like plastic. It is washable, in case milk or drinks spilled on to the nursing pillow, it can be washed and dried only for hours.

Introduction

A mother has gone through nine month of pregnancy, hours of labour or the anguish of a C-section. After give a birth, it is time to enjoy the ride of motherhood life like sleepless nights, poopy diaper, colic and also breastfeeding. The newborn nursing session is usually eight to twelve times in a twenty four hour period for the first two to four weeks \textsuperscript{[1]}. There are many factors that can turn the simple act of feeding the baby into a nightmare. For example bad latch, inadequate supply, bad posture, cracked nipples, thrush, back pain or even mastitis \textsuperscript{[2]}. An inflatable travel nursing pillow can resolve all these problems.

An inflatable travel nursing pillow also known as nursing pillows helps mothers focus more on getting baby to achieving the correct latch, and less on positioning baby’s body. A good latch means pain-free feeding session because a bad latch might hurts the mother’s nipple and ended by cracked nipples. Other than that, this nursing pillow can works as a support for baby during tummy time. Tummy time is very important for the babies development \textsuperscript{[3]}. Tummy time is good for baby to strengthen baby’s neck muscles and teach them on how to push, roll, over, crawl and stand. Thus, by having this nursing pillow, it helps a lot in the babies development. Last but not least, this nursing pillow not only can be use after pregnancy session but also during pregnancy session. It is design as a back support pillow for the last trimester pregnancy mother to be less painful. There are many benefits in using the feeding pillow to the mothers.

Problem statement

As a mother, they do not stay at home twenty four hours per day. Sometimes they want to buy some groceries at mart or even visiting a family or friend. There are also some of them who love to travel, so it is really hard for them to breastfeed the baby without a nursing pillow because the main problem is most feeding pillow is bulky and carrying them along is not a happy task. When travelling, mother’s prefer to bring less stuff. Hence, to bring on the nursing pillow, it is too big and a little bit heavy for us.

Furthermore, the baby is not really comfortable when the mother support the baby’s head and body using her arms during the breastfeeding time. By looking at this problem, the idea to make an inflatable travel nursing pillow comes to makes sure both of them become comfortable. In fact, it would make the breastfeeding journey becomes more happy and fun.
Breastfeeding pillow designed for travel are usually travel-sized, meaning that they are convenient or that they can be compressed, folded, or broken down in some way so that they take up a minimum of space. Consequently, it will really help mothers during their travelling time in breastfeed their babies.

**Objectives**

The objectives of paper are:

a. To produce a light compact size nursing pillow great for travel.

b. To address the main concern of nursing mothers during travelling which are comfort, back pain and arm support.

c. To help properly position baby at a good position especially during travelling that saves nursing mother from slouching.

**Novelty**

The first convenient inflatable travel nursing pillow product that provides enduring support for nursing mother to relax and nurse comfortably while travelling. The lightweight inflatable pillow allows nursing mother to inflate or deflate to perfect level of comfort compared to other products. The compact size makes this nursing pillow easy to fit inside a can-sized travel case for quick and convenient packing. Besides, the material used is PVC which is flexible and waterproof rubber like plastic. This means it is washable and plus, in case milk or drinks spilled on to the nursing pillow, it can be washed and dried only for hours. The most important is the cost for this inflatable nursing pillow is cheaper than other product and there are some of them are not affordable at all. Hence, it will really help mummies meet the expense of to buy this product.

**Benefits to User**

Inflatable travel nursing pillow has many benefits to the users. This product is not focusing only after the baby is born but it can be used as a back support to make the last trimester of your pregnancy a little less painful. Moreover, it can be very helpful for those who recovering from a C-section because it protects the incision site and help it heal faster.

On the other hand, this inflatable travel nursing pillow can help baby get a good latch since the function of this pillow is to bring your baby close to your body. Thus, the users will have pain-free feeding sessions. Besides that, this nursing pillow is lightweight and very easy to store in the diapers bag and even your handbag. It is also ideal for airplanes and overnights.

**Benefits to Society**

During pregnancy, normally women have a problem when sleeping especially during last trimester. By using this nursing pillow, it would reduce the painful and hence also helps husband that need to accompany his wife to sleep well. Other than that, during postnatal session, women must always be in a good mood to prevent from postpartum depression (PPD). PPD is a type of clinical depression which can affect both sexes after childbirth and the symptoms are sadness, low energy, crying episodes, anxiety and irritability. Hence, by using this nursing pillow, it would helps mothers from having stress during breastfeeding session. If women suffer from PPD, it would affect the whole family and thus, this nursing pillow would help all the family members happy to see the mothers’ breastfeed the baby without any symptom of PPD.

**Commercialization Potential**

Inflatable nursing pillow is a product that very useful for all users especially for nursing mothers. The target customers of this product are customers whose looking for lightweight, compact and affordable price of nursing pillow. The primary customers would be nursing mothers, pregnancy mothers and parents. The feature of this product which is easy to inflate or deflate and easy to fit inside a can-sized travel. Thus it is expected that this product will not last for long time.
References

