

DISNEY x ERGOPOUCH AW22



Little sleepers,
Big dreamers



Disney

ergoPouch
AUSTRALIA

Contents

The Disney x ergoPouch AW22 Collection has landed! What better way to bring in the cooler weather than with everyone's favourite ice queen — Elsa, the speediest car on track — Lightning McQueen and a return of jubilant Simba and Nala.

ergoPouch's signature organic sleepwear in cosy winter TOGs features your mini's favourite Disney character, to bring imagination and fun to bedtime for your child (and make the bedtime routine easier for you!). ergoPouch have woven their signature tonal, minimalist style with Disney's magic to give your little one three fun prints to choose from this winter season.

Pop on their favourite pouch, grab their favourite Disney story and snuggle up with your little dreamer this season in ergoPouch.



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Every adventure begins with a dream. And every dream is powered by a big dose of imagination and a dollop of good sleep.

Sleep, dream, empower and grow with Disney x ergoPouch.



Disney
THE
LION KING



Disney
FROZEN



Disney · PIXAR
Cars



From your childhood to theirs, everyone's favourite lion is here to show us the meaning of bravery and growing up. With earthy colours and tribal patterns, our hand-drawn Lion King print featuring the designs of Simba and Nala will help 'protect' your dreamer from any night terrors or monsters hiding in the closet!

With this Frozen inspired sleep pouch, guide your little one to let go of the day's big emotions at bedtime, and discover their self-confidence and inner strength. Let bedtime anxieties melt away as your mini dreams of ice palaces, warm hugs and snowmen in their favourite Frozen pouch.

Zoom! Join Lightning McQueen and friends as they assemble to applaud friendship, staying true to yourself, and trying your best. Share in the Cars experience as your little one dreams of adventure and wide-open spaces this autumn/winter. Ka-chow!





Toddlers and sleep

How Disney x ergoPouch can help

We know sleep is pretty important for kids, to put it mildly. From promoting growth, learning and concentration, to helping parents maintain sanity, sleep is something we can't get enough of in the early years of a child's life.

Being a toddler is tough, and parenting one can be more so! This exciting time in your child's life is full of big feelings, talking, independence, developing thinking skills, understanding social cues, problem solving and more.

Toddlers need approximately 11–14 hours of sleep every 24 hours. However, that tumultuous, glorious, adventurous, delightful, hilarious, stressful, tantrum-throwing period that is the toddler years means that sleep is often elusive.

Big feelings are leading to new skills and big changes for your little one. This can mean refusal to settle, getting out of bed, overnight waking, and early rising. So, how do we get our toddlers to sleep?!

The good news is most of these sleep disruptions are normal, developmental changes that a child experiences between 2–5 years old. And like all good problems, good solutions exist.

We are here, with a little help from our friends at Disney and child psychologist Amanda Abel, to solve your toddler and preschooler sleep challenges. With safe, comfortable, appropriate sleepwear designed in their fave Disney print and some expert tips, we'll have you back on a sleep track in no time. Join us as we explore the power of the mighty toddler, understanding their needs, and how encouraging their independence, and your relationship with them, will lead to faster settling and longer overnight sleeping.

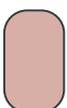
Sleepwear to suit every milestone

These flags  indicate a typical journey through the pouch range based on standard developmental milestones. Product squares that are highlighted with a green outline are available in our Disney Collection prints.

Age & Stage	Pouches				Layers	
	Cocoon Swaddle Bag Helps newborn feel snug, secure and controls startle reflex	Sleeping Bag Ideal transition from swaddle to baby's first sleeping bag	Sleep Suit Bag Converts from a sleeping bag to a sleep suit using leg zippers	Sleep Onesies Great for active kids who kick off their blankets	Pyjamas/ Layers The only TOG-rated pyjamas on the market	Bodywear Slim-fit, organic ribbed cotton basics, made in Australia.
NB — Swaddled						
0-3 — Swaddled Rolling						
3-6M — Rolling Sitting						
6-12M — Sitting Standing Crawling						
8-24M — Sitting Standing Crawling Walking						
2-4Y — Walking Toilet training Big bed transition						
4-6Y — Big bed Overnight toileting						
6-8Y						
8-12Y						

Bedding and sleep tools to suit every milestone

As your child grows and develops, so too does their style of sleeping. There's an ergoPouch product for every milestone whether your child is newborn, crawling or has become an independent big kid.

Age & Stage	Bedding					Accessories
	Baby Tuck Sheet	Organic Fitted Sheet	Organic Toddler Pillow	Convertible Cotton Quilt	Organic Quilt Cover	Portable Bassinet Butterfly Cardi Arm Warmers Window Blockout Doll Sleeping Bag Affirmation Cards
NB — Swaddled						 
0-3 — Swaddled Rolling						  
3-6M — Rolling Sitting						 
6-12M — Sitting Standing Crawling						 
8-24M — Sitting Standing Crawling Walking						 
2-4Y — Walking Toilet training Big bed transition				 		   
4-6Y — Big bed Overnight toiletting				 	 	 
6-8Y				 	 	
8-12Y				 	 	

Jersey Sleeping Bag

Best suited for *infants and toddlers* who are *rolling and sitting*

2.5
TOG WARM POUCH
17-23°C / 63-73°F

3.5
TOG WARMEST POUCH
14-21°C / 57-70°F



Jersey Sleeping Bag

Best suited for *infants and toddlers* who are *rolling and sitting*

2.5 TOG WARM POUCH
17–23°C / 63–73°F

3.5 TOG WARMEST POUCH
14–21°C / 57–70°F

Once your infant is ready for arms-out sleeping, this is the ideal first sleeping bag. Its slim fit design and stretch jersey cotton mimics that of a swaddle.

Available in, 2.5 TOG and 3.5 TOG for warmth on cold winter days and nights.

Sizing

8–24 Months: To fit 68–92cm and 8–14kg
2–4 Years: To fit 92–108cm

Fabrication

2.5 TOG:

Body & Lining: 95% Organic Cotton & 5% Elastane

Filling: 100% Organic Cotton

3.5 TOG:

Body, Lining and Sleeves: 95% Organic Cotton & 5% Elastane

Filling: 100% Organic Cotton

Where can I buy it?

[ergoPouch Australia online](#) (All prints)

[Target Australia](#) (Cars and Frozen)

[The Iconic](#) (Cars and Frozen)

[The Sleep Store](#) (Cars and Frozen)

[The Swaddle Shop](#) (Cars and Frozen)

Why your little one will *love* the Jersey Sleeping Bag

Zip enclosure

protects your child's delicate skin

Made from and filled with organic cotton

for a healthy, safe sleep and gentle on sensitive skin

Slim-fit and stretchy

for ease of movement

Bell-shaped bottom

for healthy hip joint development



3.5 TOG with 1.0 TOG sleeves

for extra warmth on cool nights

TOG-rated

for warmth so no need for blankets

Two-way zip

for simple use and easy nappy changes

Available in more sizes, prints and TOGS in the Heritage and Pouch Tales Collections

Jersey Sleeping Bag

2.5 TOG WARM POUCH
17-23°C / 63-73°F

3.5 TOG WARMEST POUCH
14-21°C / 57-70°F

The Lion King

Collection: Disney x ergoPouch
Sizes: 8-24M | 2-4Y
2.5 TOG: \$69.95



Cars

Collection: Disney x ergoPouch
Sizes: 8-24M | 2-4Y
2.5 TOG: \$69.95



Frozen

Collection: Disney x ergoPouch
Sizes: 8-24M | 2-4Y
2.5 TOG: \$69.95



The Lion King

Collection: Disney x ergoPouch
Sizes: 8-24M | 2-4Y
3.5 TOG: \$79.95



Cars

Collection: Disney x ergoPouch
Sizes: 8-24M | 2-4Y
3.5 TOG: \$79.95



Frozen

Collection: Disney x ergoPouch
Sizes: 8-24M | 2-4Y
3.5 TOG: \$79.95





ABOVE: 2.5 TOG and 3.5 TOG Jersey Sleeping Bag in Cars with Long Sleeve Bodysuit in Wheat

BELOW: 2.5 TOG Jersey Sleeping Bag in Frozen with Long Sleeve Bodysuit in Grey Marle

3.5 TOG Jersey Sleeping Bag in The Lion King

Jersey Sleep Suit Bag

Best suited for *toddlers on the move*

2.5
TOG WARM POUCH
17-23°C / 63-73°F

3.5
TOG WARMEST POUCH
14-21°C / 57-70°F



Jersey Sleep Suit Bag

Best suited for *toddlers on the move*

2.5 TOG WARM POUCH
17–23°C / 63–73°F

3.5 TOG WARMEST POUCH
14–21°C / 57–70°F

Australia's most loved Sleep Suit for toddlers has had a makeover. Now available in your mini's favourite Disney character and featuring a soft and stretchy organic jersey fabric for comfort, and easier settling, at bedtime.

Sizing

8–24 Months: To fit 68–92cm and 8–14kg
2–4 Years: To fit 92–108cm

Fabrication

Body, Lining & Sleeves : 95% Organic Cotton & 5% Elastane
Filling: 100% Organic Cotton

Where can I buy it?

[ergoPouch Australia online](#) (All prints)
[Target Australia](#) (Cars and Frozen, and The Lion King 2.5 TOG)
[The Iconic](#) (Cars and Frozen)
[The Sleep Store](#) (Cars and Frozen)
[The Swaddle Shop](#) (Cars and Frozen)

Why your little one will *love* the Jersey Sleep Suit Bag



Available in more sizes, prints and TOGs in the Heritage and Pouch Tales Collections

Jersey Sleep Suit Bag

2.5 TOG WARM POUCH
17-23°C / 63-73°F

3.5 TOG WARMEST POUCH
14-21°C / 57-70°F

The Lion King

Collection: Disney x ergoPouch

Sizes: 8-24M | 2-4Y

2.5 TOG: \$89.95

3.5 TOG: \$89.95



Cars

Collection: Disney x ergoPouch

Sizes: 8-24M | 2-4Y

2.5 TOG: \$89.95

3.5 TOG: \$89.95



Frozen

Collection: Disney x ergoPouch

Sizes: 8-24M | 2-4Y

2.5 TOG: \$89.95

3.5 TOG: \$89.95





RIGHT: 2.5 TOG Jersey Sleep Suit Bag in Frozen
BELOW: 2.5 TOG Jersey Sleep Suit Bag in Cars



2.5 TOG Jersey Sleep Suit Bag in The Lion King

Sleep Onesie

Best suited for *active little ones* and *kids in big beds*

2.5
TOG WARM POUCH
17-23°C / 63-73°F

3.5
TOG WARMEST POUCH
14-21°C / 57-70°F



Sleep Onesie

Best suited for *active little ones* and *kids in big beds*

2.5
TOG WARM POUCH
17–23°C / 63–73°F

3.5
TOG WARMEST POUCH
14–21°C / 57–70°F

For the little ones transitioning to a big bed, our popular Sleep Onesie is here with your child's favourite Disney character to make that transition easier. Perfect for Disney-lovers who kick off their blankets, or don't like the restriction of a sleeping bag.

Sizing

12–24 Months: To fit 92cm

2–3 Years: To fit 100cm

4–5 Years: To fit 115cm

Fabrication

Body, Lining & Sleeves: 95% Organic Cotton & 5% Elastane

Filling: 100% Organic Cotton

Where can I buy it?

[ergoPouch Australia online](#) (Cars and Frozen)

[Target Australia](#) (Cars and Frozen)

[The Iconic](#) (Cars and Frozen)

[The Sleep Store](#) (Cars and Frozen)

[The Swaddle Shop](#) (Cars and Frozen)

Why your little one will *love* the Sleep Onesie

Zip enclosure

protects your child's delicate skin

Made and filled with organic cotton

for a healthy, safe sleep and gentle on sensitive skin

Separate legs

for comfort and movement, reduces the risk of cot climbing injury

Three-way zip
for easy nappy changes and great during toilet training

TOG-rated
for warmth so no need for blankets

Available in more sizes, prints and TOGs in the Heritage and Pouch Tales Collections

Sleep Onesie

2.5 TOG WARM POUCH
17-23°C / 63-73°F

3.5 TOG WARMEST POUCH
14-21°C / 57-70°F

Cars

Collection: Disney x ergoPouch
Sizes: 12-24M | 2-3Y | 4-5Y
2.5 TOG: \$74.95
3.5 TOG: \$79.95



Frozen

Collection: Disney x ergoPouch
Sizes: 12-24M | 2-3Y | 4-5Y
2.5 TOG: \$74.95
3.5 TOG: \$79.95





ABOVE: 2.5 TOG Sleep Onesie in Frozen
BELOW: 2.5 TOG Sleep Onesie in Cars

Leaders in organic, ethical and sustainable sleepwear.

We believe all children deserve to sleep in premium fibres that care for their health and safety, as well as the environment.

All our garments are made with the highest quality GOTS certified organic cotton and are Non-Toxic certified by C&K Testing.

Designed and manufactured to last through many children over time, our garments encourage lower consumption. We actively support sustainability initiatives with our consumers, engage with sustainable print partners, and are always finding new ways to reduce our environmental footprint.





Protecting the environment for your children's children

Organic cotton is grown to minimise the impact on the environment, using less water, reducing toxic emissions and replenishing soil fertility. Our organic cotton is free from pesticides and is not genetically modified like conventional cotton.

All ergoPouch products are dyed using a water-based ink meaning that they're non-toxic for your child and their skin, and better for the environment.

Our fabrics are chemically tested and certified annually to show they are free from lead, phthalates, and formaldehyde by Hangzhou C&K Testing Technic Co. Ltd.



Non-toxic certified, organic cotton and bamboo fibres

Rest easy knowing that you are making the best choice for your child. Natural fibres are safer for your child and better for their skin because:

- they allow the skin to breathe
- they regulate body temperature
- they reduce the chances of overheating
- they reduce eczema flare ups
- no toxic chemicals sit against your child's skin

Our fabrics are GOTS certified at our factory by Peterson Control Union.



Ergonomically designed

As your child grows and develops, so too does their style of sleeping. ergoPouch products are designed for the unique sleep challenges at different ages and developmental milestones.

Empowering parents

We understand sleep is a journey and the goal posts are constantly moving when it comes to children's sleep. We're here to support you and help you to make informed decisions around your child's sleep.



Quality, durability and longevity

All our products are made to safe-sleep standards with the highest quality materials and manufacturing techniques to ensure safety and longevity. An ergoPouch will last for years and through multiple children, meaning less consumption over time.

They're also approved by the International Hip Dysplasia Institute to be hip-friendly.





5 ways to help your toddler get more sleep!

with registered paediatric psychologist,
Amanda Abel *BSocSc, BAppSc(Psych)(Hons), MAPS*

You've probably heard the term 'sleep hygiene' and wondered what it means and how it applies to toddler and preschool sleep habits. Sleep hygiene is all about the practices that are necessary to have healthy and quality night-time sleep. If you've got a little one who is struggling with getting to sleep at night, try these tried and tested sleep hygiene tips for children.

1. Stop screens two hours before bedtime. This is because engaging with screens sends the wrong message to our brain and doesn't prepare us for bedtime. It is also really hard to get kids away from screens in most cases, so why put yourself through that battle at a time that is rife with challenges?!
2. Dim the lights in the lead up to bedtime and have a dark room for your child to sleep in. In summer, pull the blinds down if your child goes to bed while it is still light outside. This is because our bodies naturally increase in melatonin during the evening to prepare us for sleep, but light inhibits this rise which delays our ability to fall asleep.
3. Set the tone for a successful bedtime by keeping the house calm and chaos-free as much as you can in the evenings. This is not the time for rough and tumble and excitement (as a general rule — there will always be exceptions!). Keep it calm by also containing your own stress and emotion levels. Kids soak up our emotions so if we are stressed, they can find that confronting and may act out. Try to engage in activities that keep you calm in the evenings as well, whether that's simply lighting a candle, putting on some peaceful music or just reminding yourself to stay calm.
4. Children are likely to sleep better if they've had an active day. While 'tiring them out' physically has its place, practicing gross motor skills during this period of rapid brain development helps your child utilise mental activity as well as physical energy. Encourage your child to practice established skills while also teaching them new gross motor activities (like balancing, climbing, hopping and dodging obstacles) so they can continuously develop their repertoire of skills.
5. Establish and stick to a regular night-time routine. You can perform the sequence of events that make up this ritual regardless of the time, it is more about the familiarity of the sequence than whether it is happening at 6.30 pm. Your routine could look like: dinner, play time, bath, putting PJs on, bedtime story or affirmations, and a good night kiss.

Amanda Abel is a paediatric psychologist, mum, and founder of Northern Centre for Child Development and Hawthorn Centre for Child Development. Amanda frequently presents at both academic and parenting events, has appeared on Channel 7 and 9 News and regularly features in print media.

Disney

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AUSTRALIA



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Need help deciding on the right product for you? Our customer service team are a wealth of knowledge and can help you find the right tools for your sleep journey, so please email or call us. We look forward to hearing from you!

Call us: 1300 668 929

Email us: cs@ergopouch.com.au

Follow us: @ergopouch

Chat online: [ergopouch.com.au](https://www.ergopouch.com.au)