



Sizing Questions

Thank you for choosing Babybellyband by CABEA. I would be glad to help you out with sizing. The best way to determine sizing is to measure the circumference around your lower body to make sure the ab band is going to fit you throughout your pregnancy. The sizing chart is located on our website <http://www.babybellyband.com/product/maternity-support-belt/> (scroll down the page once you go to this) and it tells sizing based on hip and waist size up to certain measurements for each ab band. (I have also enclosed the chart below)

Pregnancy abdominal & back support:

Place the measuring tape on your lower back just above your hips, then measure down under your belly where the abdominal band will fasten to lift your abdomen. This measurement will give you an idea of your abdominal circumference.

Hip/Pelvic or Sacroiliac joint support:

Place the measuring tape on your lower back below the top of your hips (where low cut jeans would be) then measure around your pelvis to the front where the abdominal band will fasten. This measurement will give you an idea of your hip circumference.

Umbilical Hernia Support

Place the measuring tape on your lower back above your hips, then measure around your belly and belly button where the abdominal band will fasten to give you compression support over your umbilical hernia. If your hernia is large, place the tape under the hernia to allow the band to give your hernia a gentle lift and support. This measurement will give you an idea of your abdominal circumference.

Babybellyband Original and SPORT Measurements- Measure around Hip or Waist			
U.S. Pre-Pregnancy Pant Size	Hip and Waist Measurement -inches	Hip and Waist Measurement (cm)	Abdominal Band Size
Petite (SPORT only)	25-30"	63-76 cm	X-SMALL
0-6	30"-40"	76-101 cm	SMALL
8-10	40"-45"	101-114 cm	MEDIUM
12-20	45"-50"	114-127 cm	LARGE
22-24	50"-55"	127-140 cm	X-LARGE
PLUS	55"- 65"	140-165 cm	XXL-GODDESS

Groin Band Sizing Chart						Shoulder Strap Sizing			
Height	WEIGHT in lbs					SMALL	MEDIUM	LARGE	X-LARGE
	100	120	140	160	180+				
4'9"-5'3"	S	S	S	M	L	4'9"-5'3"	145-160		
5'4"-5'5"	S	S	M	M	L	5'4"-5'6"	161-168		
5'6"-5'7"	S	M	M	L	L	5'7"-5'10"	169-178		
5'8"-6'	M	M	L	L	L	5'11"-6'	179-183		

Please feel free to contact us at 860-238-7788 or orders@babybellyband.com