SWADDLING YOUR BABY

What is Swaddling?

- Swaddling is securely wrapping your baby in a blanket

- Swaddling makes your baby feel secure, like being back in the mother's belly
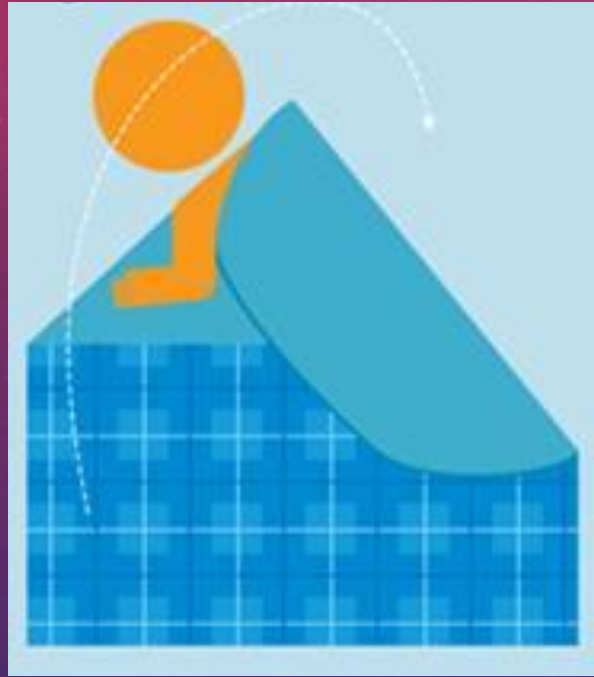
How do you Swaddle?

- Open the blanket and lay it on a flat surface

- Make sure that the blanket is thin and stretches, this will keep the baby from getting too hot and will make it easier to wrap the baby

A

B

C

D

A

FIGURE A

- Fold down the top corner of the blanket
  - The fold at the top should be about as long as the baby is tall
  - Lay the baby down on the blanket, so the baby's neck is on the fold
  - If your baby is very young, be sure to support their head and body while you do this
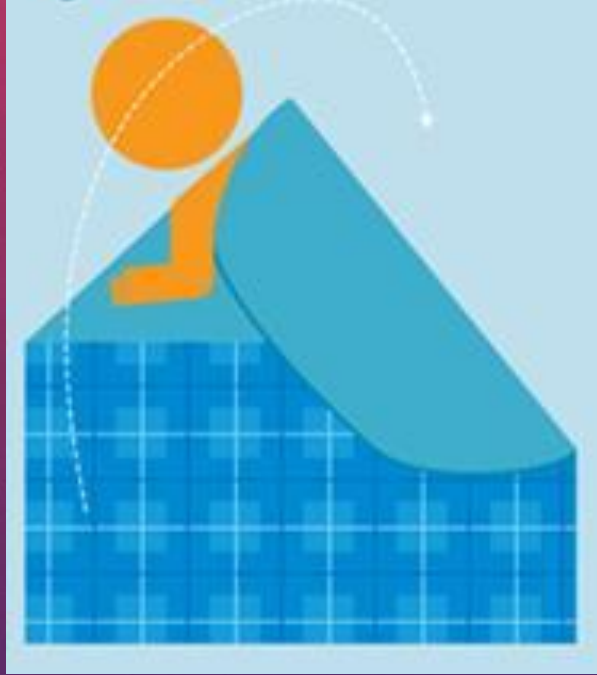
B

FIGURE B

- Take the left corner of the blanket and pull it over the baby's body
  - While holding your baby's hand under his/her chin, carefully tuck the extra part of the blanket behind the baby's back
  - Be sure your baby's face is not covered by the blanket

C

FIGURE C

- Bring the bottom edge of the blanket to just below the baby's face
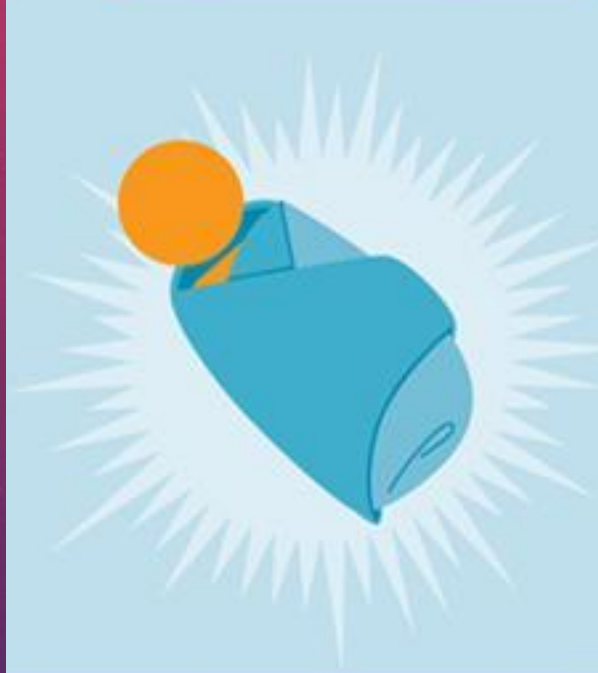 - Fold the extra part of the blanket down over the baby's chest

D

FIGURE D

- While holding the other hand tucked under his/her chin, take the last remaining corner on the right side and fold it across the baby's body to the left side
  - Carefully tuck the extra part of the blanket behind your baby's back

Helpful tips to remember when Swaddling your baby:

- Please don't wrap the baby's arms tightly down to their sides
  - It is best for their hands to be by their mouth
- Do **NOT** swaddle your baby so tightly they can't move their arms or legs
  - The wrap needs to be loose enough so your baby can push against the blanket but also have room to move