Swaddling Your Baby!

1. Place blanket on a flat surface positioned as a diamond shape. Fold top corner down and place baby with shoulders at top of blanket.

2. Pull left side of blanket around front of baby and tuck under baby's left arm. Pull the fabric for a snug fit.

3. Lift bottom corner of the blanket over baby's chest and tuck the corner under baby's left shoulder. Pull upper right portion of blanket (next to baby's left shoulder) over the top of the left shoulder; hold in place with your left hand on baby's upper chest.

4. While holding upper portion of blanket on baby's chest, pull right corner of blanket over and around baby for a snug fit. This creates a band around baby's torso. Pull end of wrapped blanket over baby's left shoulder and tuck into the band across baby's torso to secure the swaddle.

Always place babies on their backs to sleep.

❶ ❷ ❸ ❹

Summer

Why Swaddle?
- Swaddling helps reduce loose bedding in crib and helps keep baby safely on their back
- Swaddling soothes baby by preventing them from startling awake