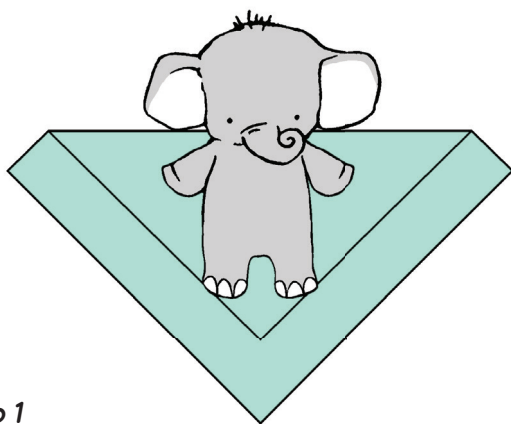




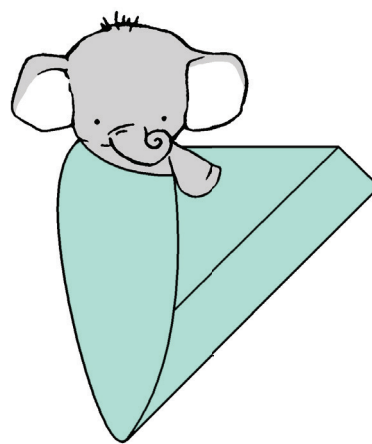
How to: Swaddle

Following an age-old tradition that mimics the womb and makes your baby feel safe and secure, swaddling is a simple and cozy way for a baby to sleep.



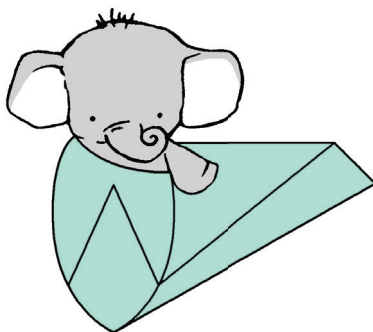
Step 1

Place blanket on a flat surface in a diamond shape. Fold top corner down and place baby on top.



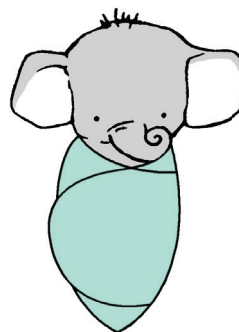
Step 2

Take baby's arm and either place at his or her side or bend it slightly and lay across chest/tummy, which creates a womb like comfortable position. Take the corner of the blanket that is the same side as the arm that is in place and pull it tight across the baby's body. Tuck it underneath his or her back. The blanket should be snug enough to hold his or her arm in place.



Step 3

Take the bottom corner and fold it up over the baby's feet to his or her shoulders. Tuck it behind the baby's left shoulder so that it is between the shoulder and the bottom layer of the blankets. Remember to leave plenty of room for the baby's feet to move in the swaddle. This will prevent overheating.



Step 4

Take the baby's other arm and either place at his or her side or slightly bent across the body (same as step 2). Take the last corner of the blanket and fold it over tightly across the baby's body. Tuck the tail of the blanket into the fold in the front. Avoid having the blanket touch the baby's cheek, as this can stimulate baby's rooting response and wake him or her up.