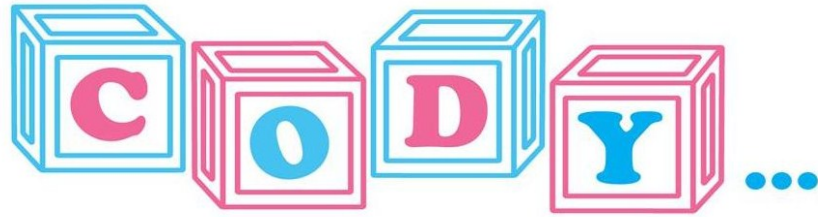




Because of



Swaddling Babies

- ~ Babies should be swaddled in a **LIGHT** cotton blanket from their **shoulders down**. (their **head** should **not** be covered.)
- ~ If a baby is under 2 months old, put their arms inside the blanket when you wrap them, so the startle reflex won't wake them.
- ~ Once a baby is over 2 months old, you may keep their arms outside the blanket so they can use their hands.
- ~ The blanket should be snug around the baby, but not too tight. You should be able to insert a finger easily between the baby & the blanket. Baby should be able to bend at the hips.
- ~ Do **NOT** swaddle a baby if they are able to roll over or they are 3 to 4 months old.

Step by Step Instructions on How to Swaddle a Baby:

- 1) Fold the top corner of the blanket down. Place the baby in the middle of the fold w/ their shoulders just above the edge of the blanket.
- 2) Take the right corner of the blanket & gently wrap it over baby's arm & tuck securely under the opposite side of baby (pull snug).
- 3) Then, take the bottom & fold upward to cover baby's feet & legs. (Don't cover the baby's face)
- 4.) Take the left corner of the blanket & wrap it over baby's arm, tuck it around the opposite side as far under baby's back as it will go (pull snug).

