Swaddling Your Baby

A newborn baby is used to the warm confines of their mother's womb. Swaddling your baby gives them that same feeling; it will help calm a fussy baby and make them feel secure. To swaddle your baby, use a single layer thin receiving blanket. Avoid heavy knit or fleece blankets. They can be too warm and make it hard to swaddle. Spread the blanket out and turn over the top corner. Place your baby on the blanket like this, making sure the blanket's not covering her head or face.

Place your baby's arms at his side and wrap the blanket around your baby's body and arm, tuck it underneath his other arm and around her back. Remember to keep the blanket away from your baby's head and never near his mouth.

Fold the bottom of the blanket up leaving a little wiggle room for the baby's feet and hips. Swaddling a baby too snugly can increase the chances of overheating and be harmful for hip development.

Then take the other side of the blanket, wrap it around and tuck it underneath, comfortably swaddling your baby. The blanket should be snug enough to ensure it stays firmly wrapped around your baby, but loose enough so that your hand fits between the blanket and your baby's chest. This gives your baby room to breathe. A proper swaddle also ensures the blanket doesn't come off and pose a safety hazard to your baby.

There are many other alternative swaddle products on the market today that make swaddling easy. Either option you choose, the importance is giving your little one a comfortably snug fit for more peaceful sleep.

Remember to place her to sleep on her back and stop swaddling once your baby reaches two months old.

Now your baby's ready for a good, safe night's sleep!