

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.

Try swaddling your baby now.

Step 1: Spread out a thin blanket in a diamond shape. Fold over the top corner. Don't use heavy knit or fleece blankets. They can be too warm and thick.

Step 2: Place your baby on the blanket face up, making sure the blanket does not cover their head or face.

Step 3: With your baby's arms at their side, fold the left corner of the blanket around your baby's body and arm and tuck it under their other arm and around their back.

Step 4: Wrap the other side of the blanket around your baby and tuck it under their body.

Step 5: Fold the bottom of the blanket up. Leave a little wiggle room for your baby's feet and hips. Doing so prevents overheating and hip dislocation or hip dysplasia.

Step 6: Check that the blanket is secure but not too snug. Your hand should fit 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.

Let's try that again.

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There are many swaddle products on the market that make swaddling easy. These products should have a loose pouch or sack for your baby's legs and feet, allowing plenty of hip movement.

Remember to always put your baby on their back for sleeping. And stop swaddling once your baby shows signs of trying to roll over. This may be as early as 2 months old.

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