

Step-by-Step: Swaddling Your Newborn (0-2 Months of Age)

Swaddling Your Newborn (0-2 Months of Age). Spread a blanket out, so it's in a diamond shape. Fold the top corner over in a straight line.

Lay your baby face up on the blanket, with their head and shoulders over the folded corner. Fold the left corner over your baby.

Tuck the corner that has folded, over your baby under their body. Fold the bottom corner up over their feet, and tuck it into the top of the blanket.

Fold the right corner over your baby, and tuck it under their body. Check to make sure your newborn is securely tucked in to the blanket.

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