

How to Swaddle Safely

Swaddling can make your baby feel cozy and secure.

Here's how to do it.

Start with a square blanket laid out in a diamond shape.

Fold the top corner down.

Put the baby on the blanket.

Be sure the baby's head is above the fold.

Straighten one arm alongside the baby's body.

Take that corner of the blanket across the baby's body, and tuck it under the side of the baby.

Then straighten the other arm, bring that corner across the baby's body, and tuck it under.

Keep the hip part loose—so your baby doesn't develop a serious problem called hip dysplasia.

Now there are two ways to secure the bottom.

You can either twist the blanket and tuck it under one side of the baby's body.

Or you can fold it and tuck it under.

Make sure the baby's hips can move and you can get 2 or 3 fingers between the baby's chest and the swaddle.

As your baby grows, using a larger blanket or a stretchy blanket may help you better secure the swaddle.

With a bit of practice, you'll find that perfect balance where the blanket is secure but not too tight.

Here are the three things to remember about swaddling: Keep the hip part loose.

Get the swaddle secure enough so it doesn't come undone and possibly cover the baby's face.

But make sure it's not so tight that it could be hard for your baby to breathe.

Stop swaddling when your baby gets more active and starts to roll.

This often happens at around 2 months, but your baby may be older or younger.