

Swaddle

How to Swaddle?



Place the swaddling blanket on a flat surface so that the blanket looks like a diamond in front of you.

- Fold the top corner of the diamond down about 6 inches.
- Place your baby onto center of blanket with baby's head resting just above this fold.
- Start with the corner of your left. Pull the left side of the blanket across baby's body so that it is comfortably holding baby's arms on baby's chest. Tuck and smooth fabric snugly under baby. The weight of the baby on the tucked under fabric will help to hold swaddle secure. If baby's hands are within reach of baby's mouth, baby may suck on them to self-soothe.
- Lift the bottom corner up across baby and tuck and smooth under baby's left shoulder and body.
- Lift the corner on your right and pull across and all the way around baby's body, tucking in the last bit of corner into the folded

blanket by baby's left shoulder. It is helpful to hold some of the upper edge down a bit before going across and all the way around.

Important Helpful Hints

Wrap baby in natural position, which is with his arms bent at the elbow, knees and hips bent. Knees should be in an abducted (apart) position. This allows for hip and knee movement which is important for proper joint development and growth. If baby's hands are placed on chest, within reach of mouth, baby may self-soothe by sucking on hands and fingers. Infant researchers strongly recommend that babies always have access to the hands for self-consoling.

Wrap baby snugly, but not so tightly as to impede baby's breathing. The wrap should be snug, but you should still be able to slide your hand between the blanket and your baby's chest. It should feel snug, not loose.

Wrap securely. Tuck last corner in to secure wrap. Do not use loose blanket with unattended baby.

Avoid having the blanket touch baby's cheek, this can stimulate baby's rooting response and wake her.

Always place baby on his or her back to sleep.

**Be careful not to Over Bundle
your Baby**



Baby will be warmer when wrapped in a swaddling blanket and you should be careful not to over bundle your baby. Signs of overheating include sweating, damp hair, heat rash, rapid breathing and sometimes fever. Dress your baby according to the temperature and adjust her layers as the temperature changes. Young babies are unable to regulate their body temperature so caregivers have an important role in keeping baby safely warm. A good rule of thumb, according to the American Academy of Pediatrics, is to dress the baby in one more layer of clothing than you are wearing to be comfortable in the same environment. Sometimes a baby's hands or feet are cool due to their immature blood circulation, and that is considered okay, as long as their chest, tummy and back feel warm, but not sweaty or cold.

“Unless the temperature is hot (over 75 degrees Fahrenheit), your newborn will need several layers of clothing to keep her warm. It's generally best to dress her in an undershirt and diapers, covered by pajamas or a dressing gown, and then wrapped in a receiving blanket. (If your baby is premature, she may need still another layer of clothing until her weight reaches that of a full-term baby and her body is better able to adjust to changes in temperature.) In hot weather you can reduce her clothing to a single layer, but be sure to cover her when in air-conditioned surroundings or near drafts.” ~ The American Academy of Pediatrics ~ The Complete and Authoritative Guide Caring for Your Baby and Young Child

Most pediatricians recommend the room temperature where your baby sleeps to be 65-70 degrees Fahrenheit.

The information contained on this website is intended to complement, not substitute for, the advice of your child's pediatrician. Consult with your own pediatrician, who can discuss your individual needs and counsel you.

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