



4 step guide to swaddling

step 1

Fold the swaddle into a triangle, and place your baby in the center with the shoulders just below the fold.

step 2

Place your baby's right arm alongside the body, slightly bent. Take the same side of the swaddle and pull it securely across your baby's chest, keeping the right arm under the fabric. Tuck the edge of the swaddle under the body, leaving the left arm free.

step 3

Fold the bottom of the swaddle up and over your baby's feet, tucking the fabric into the top of the swaddle.

step 4

Place your baby's left arm alongside the body, slightly bent. Take the remaining swaddle and wrap it over baby's arm and chest, tucking the fabric under your baby to secure the swaddle.