

Cuddle Bugs

How to Swaddle Your Baby

A happy, calm baby makes a happy, rested momma. Swaddling your newborn helps them feel safe while giving you more sound sleeping time. Need tips on doing it right? Look no further!

1. FIND A FLAT SURFACE

Find a flat, comfy place to start swaddling. Spread your blanket out in the shape of a diamond with one corner pointing up. Fold this top corner down about six inches.

2. LAY YOUR BABY FACE-UP

Your baby's head should be just above the folded edge of the blanket, and their body should extend straight down toward the bottom corner.



3. TUCK THE CORNERS

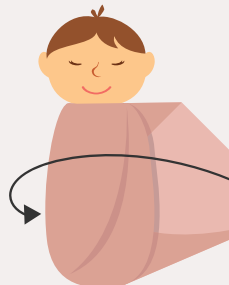
Straighten your baby's left arm. Take the left corner of the blanket and wrap it over their left arm and chest.

Tuck the blanket under their right arm and back. The baby's left arm should be secured while the right arm is still free.

4. BRING UP THE BOTTOM

Fold the bottom corner of your blanket over the baby's body. Tuck it under the first fold.

Straighten your baby's right arm and pull the right side of the blanket over their body, tucking it under their left side.



5. SECURE THE BLANKET

Loosely twist the bottom of the blanket and tuck it under the baby.

Bonus Tips

- The swaddle should be snug but not too tight. You should be able to place **three fingers** between your baby's chest and the blanket.
- If your baby is too wiggly to be placed in a swaddle, **take a break** and let them get their energy out.
- **Always place a swaddled baby on their back to sleep.** If they've learned to roll over onto their tummy, it's time to stop swaddling so they can remain safe.