







## **HOW TO SWADDLE A BABY**

- MAKE A TRIANGLE

  Fold blanket into a triangle and place baby with their shoulders right below the fold.
- TUCK ONE ARM

  Take one of your baby's arms and snuggle it next to their chest, slightly bent. Take the side of the blanket on the same side as the arm and tuck it under the opposite armpit.
- BRING UP THE BOTTOM

  Fold the bottom of the swaddle up and over your baby's feet, tucking the fabric into the top of the swaddle by your baby's free shoulder.
- TUCK THE OTHER ARM

  Take the free arm and that side of the blanket across baby's body and pull it securely.

BABY'S CARE INSTRUCTIONS