

How to swaddle your baby

Learning how to swaddle your baby is a helpful technique. Swaddling helps to settle your baby when overstimulated, prevents them from being disturbed by their own startle reflex, and keeps them warm.

1. Start with a diamond



Lay a blanket or wrap on a flat surface, position it like a diamond, and fold down the top corner. Place your baby down on the wrap on its back with its neck on the fold.

2. The right side tuck



Hold your baby's right arm down flat at its side. Pull the left corner of the blanket over its right arm and across its body, then tuck it under its left arm and roll your baby to your left to wrap whatever is remaining under its back.

3. The left side tuck



Hold your baby's left arm down and pull the bottom corner of the wrap up over its left shoulder. Tuck any extra material around its left arm. Be sure to leave enough room at the bottom of the blanket for your baby to bend its legs up and out from his body.

4. The big finish



Bring the loose right corner straight out, pull it across your baby's front and roll him to your right a bit so you can wrap the corner all the way around his back. Your baby should now be snugly swaddled.

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