

Swaddling your baby ...



Swaddling babies is traditional in many cultures around the world and is an established art of snugly wrapping your baby in a blanket for warmth and security. It can keep him from being disturbed by his own startle reflex, and it may even help him stay snug, secure and warm for the first few days out of the womb until his internal thermostat kicks in. Swaddling can also be very effective in helping to soothe and calm your baby.

Lay a blanket on a flat surface in a diamond shape and fold down the top-right corner about 15cm (6")

1. Place your baby on her back with her head on the fold.
2. Pull the corner near your baby's left hand across his body, and tuck the leading edge under his back on the right side under the arm.
3. Pull the bottom corner up under your baby's chin.
4. Bring the loose corner over your baby's right arm and tuck it under the back on his left side. If your baby prefers to have his arms free, you can swaddle him under the arms. This gives him access to his hands and fingers.

Swaddling tips ...

- If your baby is unsettled, check to see firstly if your baby isn't hungry, wet, or tired.
- Swaddling can be used to help settle your baby down when she's over stimulated or when she just needs to feel something close to the tightness and security of the womb.

Once your baby is about a month old you might want to stop swaddling him while she's awake, as it may interfere with mobility and development in older babies. It's fine to keep swaddling your baby for naps and nighttime if she seems to sleep better that way. She'll let you know by crying or kicking when she no longer wants to be bundled up.

- Don't overheat your baby by swaddling her in an already heated room, your baby will feel uncomfortably warm. If your baby is swaddled, he probably won't need a blanket on top
- If your baby doesn't like being swaddling, that's OK, rely on the bond between you and listen to his cues

The stretch wrap is great – comfy and secure for baby – like in the womb, without being restrictive to baby's tiny limbs and body” - Pinky McKay – Certified infant massage instructor, international Board Certified Lactation Consultant, author of 'Sleeping like a Baby', and editor specialising in health, education and family issues)

gr8x® [stretch swaddling wraps](#) have 5% elastane so they feel more snug and secure around your baby. Soft cotton in a variety of colours they can also be used as a light blanket in the stroller or cot.