



South Carolina Department of Health
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Swaddling Your Newborn



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- Swaddling is the 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.
- It may even help him stay warm and cozy for the first few days of life until his internal thermostat kicks in.
- Most important, it can help to calm your baby.
- Try it after you've made sure your baby isn't hungry, wet, or tired.
- It can be used to help settle your baby down when he's over-stimulated or when he just needs to feel something close to the tightness and security of the womb.

Once your baby is about 1 month old, do not swaddle him while he's awake. Swaddling may interfere with motor skill development in older babies. But it's fine to keep swaddling your baby for naps and nighttime if he seems to sleep better that way. He'll let you know by crying or kicking when he no longer enjoys being bundled up. To make sure he doesn't become overheated, never swaddle him in an especially warm room.

** Remember to always put baby on her back to sleep*

How to *swaddle* a baby...

The How-Tos:



1. Fold one corner of your blanket down. (A receiving blanket works well.) Place your baby in the middle of the fold with his head above the edge.



2. Pull the left side of the blanket snugly across your baby's chest, making sure his right arm is wrapped close to his body. Then lift your baby's left arm and securely tuck the blanket under his body.



3. Bring the bottom of the blanket up and either fold the edge back or tuck it into the first swathe. Then pull the last corner of the blanket across your baby's chest, securing his left arm near his body.



4. Tuck the blanket under your baby's back as far as it will go. Keep your baby snugly wrapped as you pick him up.

TIP: Don't be alarmed if your baby wiggles his arms out while he sleeps. Some babies don't like having their arms confined. Try keeping his arms outside the blanket while you wrap it. Your baby might prefer this more natural position.