

For thousands of years babies have been swaddled for it's comforting effects. Swaddled babies can experience less anxiety allowing them to feel calmer. This can be a fantastic sleep remedy for both baby and today's parents.

1. Open the swaddle into a 'T' shape. Align baby's shoulders with the top of open wrap. Tuck baby's legs inside bottom pouch. Lift tab at top of leg pouch.



2. Fold the left side over baby's body securing to tab on leg pouch and tuck under the left arm.



3. Fold right side over and attach the 2 tabs to the fabric patch. Adjust if needed.



### **IMPORTANT INFORMATION ON SAFE SWADDLING**

Ensure baby's hips can move and the swaddle is firmly wrapped but not too tight. Baby's legs should be able to move into a 'frog like' position and not be held straight. Always place babies on their backs to sleep and monitor whilst sleeping to ensure baby does not roll over or overheat. Suitable for babies 0-3 months / 7-14lbs.