

# Swaddling – do's and don'ts



Use a lightweight cotton or muslin wrap.



Make sure your baby is not over-dressed to prevent over-heating. They may only need a singlet and nappy.



Fold your baby's arms across their chest (usually until 3 months).



Do not cover their head or face.



Have the wrap firm but not too tight. Your baby's legs should still be able to bend at the hips with the knees apart.



Stop swaddling when they start to roll over (usually 4 to 6 months old).