



Safety Tips To Follow When **Swaddling** Your Little One



Never wrap your infant too tight, restricting their arms, legs, neck, or hip movements.



Check the baby's temperature before swaddling.



Ensure the baby wears clothes appropriate to the weather.



Avoid swaddling your baby if they have a fever, as swaddling may overheat their body.



Avoid swaddling your baby if they can roll over.



Use a swaddle blanket that meets all the safety standards.



Ensure the swaddle is secured well to prevent the baby from fiddling with it and avoid suffocation risk.



Ensure the blanket is breathable and doesn't cause discomfort to the little one.

References:

1. Swaddling: Is it Safe for Your Baby; AAP
2. Swaddling a baby: the benefits, risks and seven safety tips; NCT