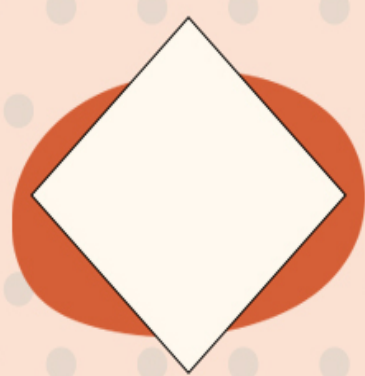




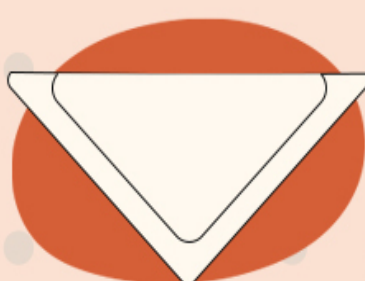
# Steps Involved In Swaddling A Baby

## Step 1



Spread the swaddling blanket on the bed in a diamond shape.

## Step 2



Fold the top corner inward, forming a triangle to create a straight edge.

## Step 3



Lay the baby on the blanket, face-up, aligning their shoulders with the straight edge.

## Step 4



Position the baby's arms over their chest, resembling a prayer position.

## Step 5



Wrap the left side of the blanket over the child's body and tuck the excess under them.

## Step 6



Fold the bottom end up, leaving some space for leg movement.

## Step 7



If the bottom end extends up to the baby's face, fold in the excess.

## Step 8



Wrap the right side of the blanket over the baby, tucking the excess underneath them.

### References:

1. Swaddling; The Michigan Department of Health and Human Services
2. Safer Swaddling; Winnipeg Regional Health Authority
3. Swaddling – How This Affects Baby Hips; Sydney Children's Hospitals Network