

THE ART OF SWADDLING

A BEGINNER'S GUIDE TO SWADDLING
YOUR NEWBORN WITH LOVE AND CARE



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Hello!



I'm Charlie,

Infant & Child Sleep Consultant, Registered Nurse & Mumma of boys xx

I've been so lucky to have helped so many families on their sleep journey and I am excited to share my knowledge and experience with you through this booklet.

As a Mumma myself, I understand how overwhelming it can be navigating life with a newborn. That's why I have created this little guide to make the process of swaddling your baby easier xxx

In this booklet, you will learn everything you need to know about the art of swaddling, including the benefits, the proper technique, and how to troubleshoot common issues. Whether you are a first-time parent or an experienced caregiver, this guide has something for everyone.

Thank you for choosing "The Art of Swaddling" as your go-to resource for all things swaddling. I hope that this book helps you to bond with your newborn and give them the love and care they deserve.

Charlie x



Swaddling is a practice that has been used for centuries to provide comfort and security to newborns. It involves wrapping the baby in a light blanket or cloth in a specific way, which helps to mimic the tight, secure feeling of the womb. Swaddling can provide a number of benefits for both babies and parents, including promoting sleep, reducing the risk of sudden infant death syndrome (SIDS), and helping to soothe fussy babies.

However, it is important to use proper techniques when swaddling a newborn to ensure their safety and comfort. Incorrect swaddling can lead to issues such as overheating, difficulty breathing, or loose blankets causing the baby to become tangled or restricted. By understanding the proper techniques and best practices for swaddling, parents can confidently and safely use this tool to help their newborns feel calm and secure.

How to swaddle a newborn

Swaddling a newborn may seem daunting at first, but with a little practice, it can become a quick and easy process.

Here are some step-by-step instructions for swaddling a newborn:

1. Lay a square blanket out on a flat surface with one corner facing you. Fold the top corner down about 6 inches.
2. Place your baby on the blanket with its head above the folded corner.
3. Hold your baby's right arm down and tuck the right side of the blanket over their body and under their left side.
4. Hold your baby's left arm down and bring the left side of the blanket over their body, tucking it under their right side.
5. Check that the blanket is secure but not too tight. The swaddle should be snug but not constricting, allowing your baby to move their hips and legs freely.
6. Adjust the remaining fabric of the blanket so that it covers your baby's chest and shoulders.

How to Swaddle a Baby



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SOME TIPS FOR ENSURING A SECURE AND COMFORTABLE SWADDLE INCLUDE:

- Use a lightweight blanket that is not too thick or bulky.
- Make sure the blanket is not too tight or too loose. A swaddle that is too tight can restrict your baby's movement and cause discomfort, while a swaddle that is too loose can come undone and potentially cause your baby to become tangled or covered.
- Check your baby's temperature and dress them appropriately for the room temperature. A newborn's body temperature should be kept between 20-22 Degree Celsius (68-72 degrees Fahrenheit).
- Avoid swaddling your baby too tightly around the neck or head. Make sure there is enough space for your baby to move their head and neck freely.
- If your baby seems uncomfortable or unhappy in the swaddle, try adjusting the blanket or try a different swaddling technique.



WHEN TO STOP SWADDLING



As your baby grows and develops, it will reach certain milestones that may indicate it is time to stop swaddling.

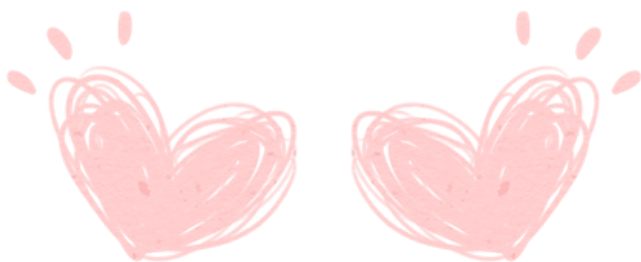
Some signs that your baby may be ready to transition out of swaddling include:

- Rolling over: Once your baby is able to roll over on their own, it is important to stop swaddling them as the blanket could potentially cover their face and pose a suffocation hazard.
- Showing signs of wanting to be free: If your baby consistently breaks out of the swaddle or seems to be struggling against it, it may be time to stop swaddling.
- Reaching the age of 3-4 months: As your baby becomes more active and develops more control over their movements, they may be ready to stop swaddling.

If your baby is not yet ready to completely stop swaddling, there are alternatives you can try to provide comfort and promote sleep:

- **Swaddle with one arm out:** This allows your baby to have the comfort of being swaddled while still being able to use their arm for self-soothing.
- **Use a sleep sack or wearable blanket:** These garments allow your baby to be covered and warm without the restrictions of a swaddle.
- **Gradually reduce the amount of swaddling:** Instead of stopping swaddling all at once, try leaving one arm or leg out of the swaddle and gradually increase the amount of freedom over time.

It is important to remember that every baby is different and will reach milestones at their own pace. Trust your instincts and observe your baby's behavior and movements to determine when it is time to stop swaddling.



A BABY
SMELLS THE
SWEETEST
WHEN THEY
ARE SLEEPING

SAFETY CONSIDERATIONS



Swaddling can be a safe and effective way to provide comfort and promote sleep for newborns, but it is important to take certain precautions to ensure a safe swaddle. Here are some tips for ensuring a safe swaddle:

- Use a lightweight, breathable blanket: A heavy or thick blanket can increase the risk of overheating and make it difficult for your baby to breathe.
- Avoid swaddling too tightly: A swaddle should be snug but not constricting. It should allow your baby to move their hips and legs freely.
- Check your baby's temperature: A newborn's body temperature should be kept between 20-22 Degree Celsius (68-72 degrees Fahrenheit). Make sure to dress your baby appropriately for the room temperature and check their chest and back for signs of overheating (such as sweating or redness).
- Do not swaddle your baby too tightly around the neck or head: Make sure there is enough space for your baby to move their head and neck freely.
- Do not place your baby on their stomach to sleep: Always place your baby on their back to sleep to reduce the risk of SIDS.



Improper swaddling can lead to a number of risks and dangers for your baby. These include:

- **Suffocation:** If the blanket is too tight or covers your baby's face, it can restrict their breathing and increase the risk of suffocation.
- **Overheating:** A swaddle that is too tight or made of a heavy fabric can cause your baby to overheat, which can be dangerous.
- **Restricted movement:** A swaddle that is too tight can restrict your baby's movement and cause discomfort.
- **Loose blankets:** If the swaddle is too loose, the blankets can come undone and potentially cover your baby's face or cause them to become tangled or restricted.

By following proper techniques and taking safety precautions, you can use swaddling as a safe and effective tool to provide comfort and promote sleep for your newborn.





Thank You

I hope that this booklet has helped you on the journey of swaddling and the benefits it can bring Mumma x

Thank you again for reading and for supporting my little biz. If you have any feedback or questions, please do not hesitate to reach out.

Charlie 