

ERGO BABY SWADDLER FREQUENTLY ASKED QUESTIONS

Why is it important to swaddle?

The practice of swaddling a baby has been used for centuries in many different cultures due to its various benefits.

- Swaddling mimics the structure of the womb and helps ease a baby's transition into the world.
- Newborns need extensive nurturing during the first 3 months of life, which swaddling can provide; this time is commonly referred to as the fourth trimester.
- Swaddling helps babies spend more time in rapid eye movement (REM) sleep, which is thought to be necessary for the extraordinary development happening in their brain. Since REM sleep is lighter than non-REM sleep, and more easily disrupted, swaddling helps prevent baby from waking during this valuable sleep time.
- Research demonstrates that when swaddled correctly, babies are safer since they are more likely to stay asleep on their backs and less likely to get caught in loose blankets.
- Swaddling produces a calming effect that soothes a baby.
- Swaddling helps regulate baby's body temperature.
- Swaddling helps prevent scratching.

- Sourced from the 2002 Medical Journal of Pediatrics

What are the key benefits of the Ergobaby Swaddler?

The Ergobaby Swaddler is revolutionary in design. It features:

Arm Pockets: The Arm Pockets help to position baby's arms in a natural, hands-to-heart position with elbows bent. The Arm Pockets also help to prevent baby's arms from escaping the Swaddler, thereby reducing the incidence of the startle reflex. from occurring.

Healthy Hip Positioner: Because the Ergobaby Swaddler provides a Healthy Hip Positioner that allows for baby's legs to be bent up and out at the hips as recommended by the International Hip Dysplasia Institute, it helps promote healthy hip development.

What is the function of the Ergobaby Swaddler's Leg Pouch?

The Ergobaby Swaddler's Leg Pouch is as an optional feature. It provides extra warmth and comfort for baby. The Leg Pouch is intended to be wide in order to allow baby's legs to move from side to side. It is also intentionally long, allowing baby to extend her legs fully. Lastly, the Leg Pouch was designed to be removable for quick and easy diaper changes and for use in 3-point harness systems.

Why are there two different size Ergobaby Swaddlers available, and how will I know the right size to choose?

Since we know that no baby is created equal and that the size and weight of newborns and infants vary greatly, we've developed two different size swaddlers to meet the unique needs of all babies. The two different size options are:

- Small/Medium: Designed to fit babies 6-12lb/2.72-5.44kg) or babies who wear 0-3 month size clothing.
- Medium/Large: Designed to fit babies 12-18lb/5.44-8.16kg or babies who wear 3-6 month size clothing.

How did Ergobaby choose the material for the Ergobaby Swaddler?

The Ergobaby Swaddler is designed for use during all four seasons. The Ergobaby Swaddler is made of soft and breathable 100% cotton knit terry. This material stretches with any movement and helps regulate baby's body temperature for maximum comfort. In addition, the Ergobaby Swaddler has a 0.6 TOG (thermal insulation) rating, meaning that it provides minimal insulation, helping to prevent baby from overheating. To ensure your baby's comfort level while she sleeps in cooler temperatures, choose slightly heavier sleepwear for your baby in conjunction with the Ergobaby Swaddler. You can also dress your baby in lightweight sleepwear and remove the Ergobaby Swaddler's Leg Pouch when the temperature in baby's room is warm.

Is the Ergobaby Swaddler endorsed by the International Hip Dysplasia Institute?

The Ergobaby Swaddler was designed based on the recommendations put forth by the International Hip Dysplasia Institute. The Ergobaby Swaddler's Healthy Hip Positioner allows for baby's legs to be bent up and out at the hips. Although the Ergobaby Swaddler's design was based on the IHDI's recommendations, the IHDI does not endorse products. For more information on hip-healthy swaddling, please visit the International Hip Dysplasia's website: <http://www.hipdysplasia.org/developmental-dysplasia-of-the-hip/hip-healthy-swaddling>

When should I stop using the Ergobaby Swaddler?

Immediately discontinue use of the Ergobaby Swaddler once your baby can roll.

What type of Velcro is used in the Ergobaby Swaddler?

The Velcro used in the Ergobaby Swaddler consists of a premium "hook-and-loop fastener" system that makes the velcro extremely soft to the touch and tends to be "quieter" than mainstream Velcro.