

1 GETTING STARTED

✓ DO

KEY WATCHOUT:
Ensure the top of the swaddler is lined up where baby's head and neck meet.

Correct placement on Hip Flap Support.



✗ DON'T



If the top of the Swaddler is too far up and aligned with the back of baby's head, the healthy hip positioner may not reach the Velcro tab on the front of the Swaddler. In addition, this also presents a safety risk to baby since it is more likely the Swaddler material will be closer to baby's mouth and nose.



If the top of the Swaddler is too low and is across baby's back, the Swaddler fabric will not be able to come over baby's shoulders leaving the arms more likely to come lose from the arm sleeve pockets. In addition, it makes it more difficult to achieve the hands to heart position since baby's arms will be pulled downward when the Velcro tab is secured.



ERGOBABY SWADDLER INSTRUCTIONS DO'S & DON'Ts

2 USING THE ARM SLEEVE POCKETS

✓ DO

KEY WATCHOUT:
Ensure the material of the Swaddler is over baby's shoulder before tucking each arm flap under baby. If the material is sitting slightly off baby's shoulders, simply pull it up.

When securing the right arm flap, bring it over the left arm flap - **not under.**



✗ DON'T



If the top of the Swaddler is too low and is across baby's back, the Swaddler fabric will not be able to come over baby's shoulders. This could result in baby's arms coming loose from the arm sleeve pockets and also makes it more difficult to achieve the recommended "hands to heart" position.

3 CORRECT ARM POSITIONING

✓ DO

KEY WATCHOUT:
Ensure baby's arms are not positioned too low in the Swaddler. They should be in a relaxed, hands to heart position.

NOTE: Baby's arms should **not overlap.** They should rest side by side or one positioned slightly higher than the other.



✗ DON'T



If baby's hands are not placed in the suggested "hands to heart" position, baby's hands can easily break free from the Ergobaby Swaddler.

4 USING THE HEALTHY HIP POSITIONER

✓ DO

KEY WATCHOUT:
Ensure that the healthy hip positioner isn't too tight or too loose. Baby's legs should be relaxed and slightly bent.



✗ DON'T



Having the healthy hip positioner too loose can compromise the ergonomic positioning of baby's legs