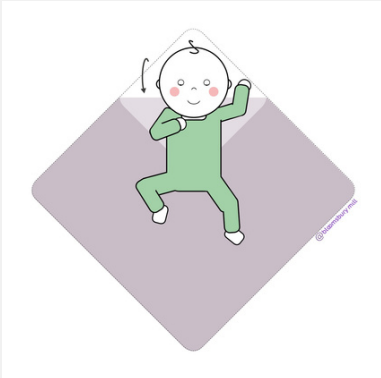


Everything you need to know about swaddling your baby



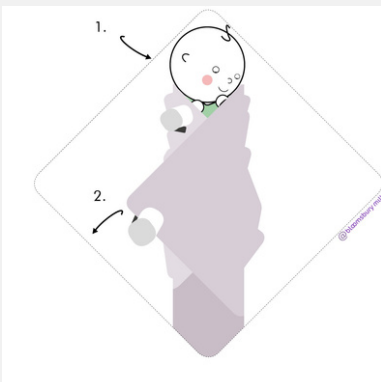
Step 1:

Start with a large muslin swaddle, fold one corner over. place your baby with their head on the folded corner with their hands up near their face.



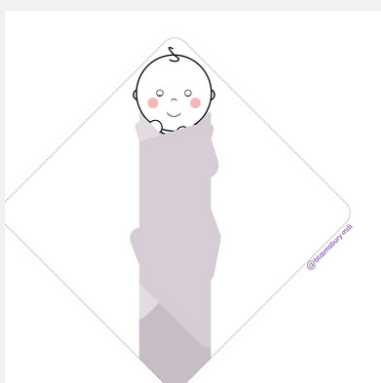
Step 2:

Take the left side and tuck the muslin under the right-hand side of your baby tightly. you can make this easier by rolling them to the left slightly. ideally with their arms still up by their neck.



Step 3:

Bring the right-hand side of the muslin over your baby to the left and hold tightly with your left hand. rolling your baby over to the right tuck this all the way under your baby as tightly as possible so your baby is wrapped in the muslin.



Step 4:

Fold any remaining muslin over your baby to create a tight, neat swaddle. it is best not to fold up the bottom or tuck in the lags as it is better for babies' hips to be fully mobile and legs able to bend.

and there you have it, happy swaddling!