Basic Swaddling Questions

Do all babies need to be swaddled?
Some babies do well with no swaddling at all. However, the fussier your baby is, the more she may like to be swaddled. Swaddling can be so soothing that some babies will need to be unwrapped to wake up for feedings.

Should the swaddling always be snug?
Never put your baby to bed with loose blankets. Make sure she is snugly wrapped so it doesn’t loosen during the night. Loose blankets can get around your baby’s face and contribute to sudden infant death syndrome (SIDS).

How can I tell if my baby is overheated?
Full-term babies just need a little clothing, a blanket, and a room that is between 65°F and 70°F to keep warm. If your home is warmer than 70°F, you can swaddle your diapered baby in a light cotton blanket.

When is a baby too old to continue to be swaddled?
Most babies no longer need to be swaddled by 4 months of age, but some will continue to need swaddling to help them sleep up to 9 months of age.

Here is what people are saying about the "Happiest Baby on the Block" classes:

"The advice is pure magic. Our baby was very fussy. Every time I swaddled, jigged, and shushed, she would stop crying instantly."

"Yes, instantly. It was pure magic."

"Our baby boy responded to the 5 S’s immediately."

"The methods are simple yet so effective."

"It’s like an off switch for my fussy baby. I use it after he has been fed and changed."

"I swear by Dr. Karp’s methods! My boys were calmed by the white noise and swinging."

"My 3 week old was colicky and I’d cry right along with him. I am so thankful for the ‘cuddle cure’."

1-800-WIC-1007

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Photography by Kathleen Sylvia, CLC @babymommyim@hotmail.com

Form #347
The Calming Reflex

It is normal for newborns to show frequent signs of hunger. Hungry babies need to be fed. However, some babies are fussy when they are not hungry and these techniques may help your baby.

Please consult with your baby's doctor if your baby continues to cry after trying these techniques.

Swaddling - Swaddling makes your baby feel secure; just like she felt in the womb. Swaddling is the foundation for calming your baby. Review the "Happiest Baby on the Block" DVD and practice swaddling until you are good at it.

Side/Stomach - Babies should always sleep on their backs. However, holding your baby onto her side may calm her. This simple trick can trigger a baby's calming reflex in seconds. Once your baby is calm, then you can place her on her back in her crib.

Shushing - Shushing magically calms babies. Be sure to be as loud as your baby's cry and position yourself close to her ear. Some babies respond to shushing substitutes such as a vacuum cleaner, fan or static on the radio. The "Super Soothing Sleep Sounds" CD may work for your baby.

Swinging - If your baby is still fussy, add swinging. As you support your baby's head and neck, jiggle her upper body with fast, tiny movements — no more than one inch back and forth.

Sucking - Sucking helps your baby to become completely relaxed.

Swaddling Instructions

Getting Ready

Lay a 42" square or larger blanket on your bed like a diamond. Fold the top corner down about 6 inches.

Step 1

- Place your baby on the blanket with her head above the fold line.
- Hold her right arm straight at her side. Grab the blanket about 4 inches from her right shoulder and pull it tightly down across her body. (It should look like one side of a V-neck sweater.)
- Tuck the blanket snugly under her lower back.
- Grab the blanket by the unwrapped shoulder and tug it firmly.

Step 2

- Hold your baby's left arm straight at her side.
- Bring the bottom point of the blanket straight up and place it over her left shoulder. (The bottom part of the blanket should be loose so that baby can bend her legs.)
- Tuck the rest of this corner under the whole left arm.

Step 3

- Pull the blanket a few inches from your baby's left shoulder and pull down just a bit.
- Hold the small fold of blanket pressed against your baby's chest like you are holding a ribbon to make a bow.

Step 4

- Pull the last free corner straight out to remove any slack.
- Bring the corner up and across baby's waist.
- Wrap it snugly around your baby like a belt so that the arms are held down firmly.
- Tuck the end of the blanket into the folds to secure.