

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 unswaddled 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, jiggled, 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'."

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Form #347



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If you have questions about The Happiest Baby on the Block Program, please contact your educator:

