

SWADDLING

Why swaddle your baby:

- ❖ Helps baby maintain curled in position (flexion)
- ❖ Curled in positions send a message to the brain to calm, and relax
- ❖ Helps baby develop self-calming strategies (hand – to- mouth)
- ❖ Helps baby sleep longer

- 1) Place infant on their side on the folded corner of the blanket, with the child's ear at the top of the fold.
- 2) The second corner of the blanket is used to wrap the shoulders so the hands are in a praying position in midline
- 3) The third corner is brought up and over the feet (to keep the hips curled up), and is tucked behind the infant's neck.
- 4) The remaining corner of the wrap is brought around the child's body to hold the wrap in place.
- 5) The result is a neat bundle that is easy for parents to hold while they enjoy their baby.

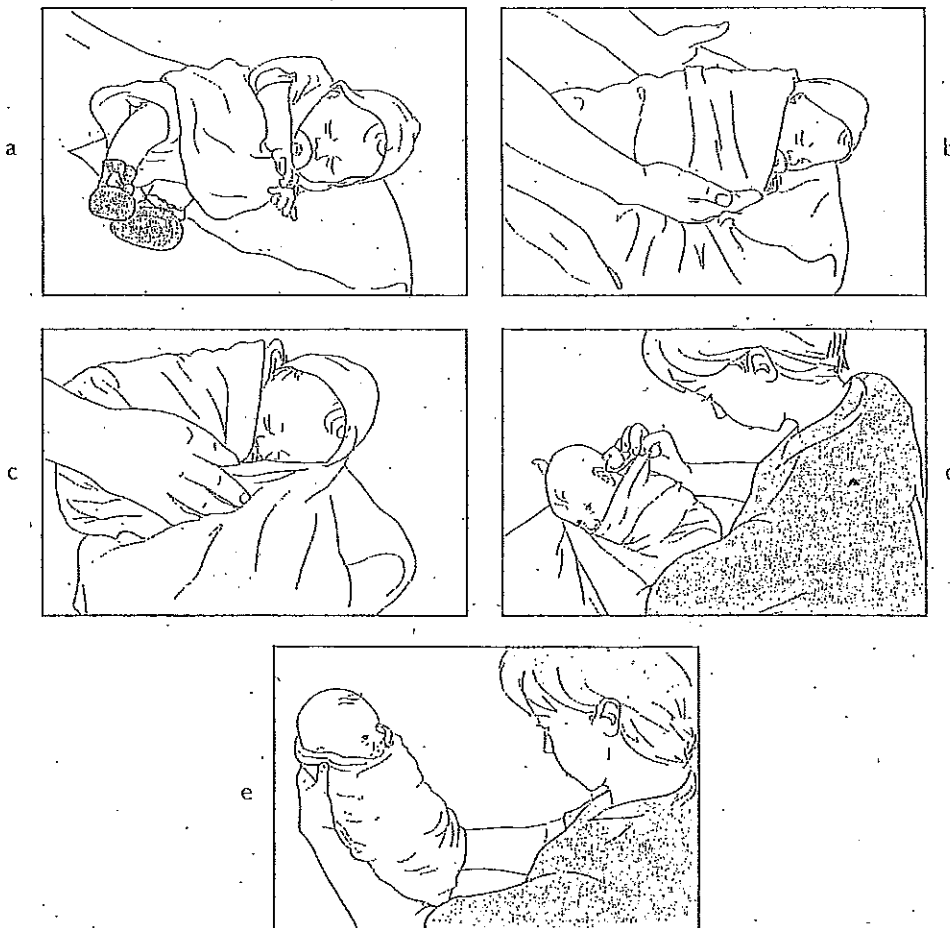


FIGURE 15. Swaddling

Reference; 1998 Partners In Movement by Vickie A. Meade

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Some babies are unable to flex (curl themselves up) and instead they adopt a more extended position. When a baby is able to flex it is his natural way of calming himself and will also give more power to his suck. An extended baby is usually uncomfortable and agitated.

To assist your baby in adopting a flexed position so that he feels more comfortable, calm and secure, you may need to SWADDLE him in a blanket.

How to Swaddle:



1. Take a square blanket and fold down one corner.
2. Place the baby on his side on the blanket so that the top of his ear lies across the fold.
3. Take the shortest end of the blanket, wrap it over and around the baby, bringing the baby's hands together in front of his body and tucking the blanket under the baby.
4. Take the lowest corner of the blanket and bring it up between the baby's legs, flexing the baby's knees up onto his tummy. Tuck the corner up and around over the baby's neck.
5. Bring the final corner across the body, twist and tighten is securely around the baby.



Other suggestions to assist your baby in adopting a flexed position would be to use a hammock or place a rolled up towel under your baby's legs when he is in his day "cradle" to help bring his knees up onto his tummy.