DHS | Division of Children & Family Services

Swaddling Your Baby

If your baby is content without swaddling, it isn't necessary. Swaddling is not a safe sleep recommendation, but if you choose to swaddle, follow these safety tips.

Do's and Don'ts

STOP swaddling as soon as your baby shows signs of trying to roll over, usually around 2 months.

Swaddling can cause overheating. Watch for sweating damp hair, flushed cheeks, heat rash, or rapid breathing.

Loose blankets can cover your baby's face, and increase the risk of suffocation. Swaddling blankets can pose a risk as they come undone.

Wedges positioners, special mattresses, and specialized sleep surfaces haven't been proven to reduce SIDS risk by the American Academy of Pediatrics.

Your baby is safest sleeping in their own crib or bassinet, **NOT** in your bed.

Avoid weighted sleep sacks, weighted swaddles, and weighted blankets entirely.

How To Swaddle

STEP 1: Dress baby in regular sleepwear and close the zipper.

STEP 2: Fold left swaddle wing over baby's right arm and torso, tucking under baby's left arm.

STEP 3: Swaddle wrap should be snug, below chin, and aligned with baby's shoulders.

Always Remember

The swaddle should be snug, but you should still be able to fit two fingers between it and your baby's chest.

Ensure the swaddle stays away from your baby's face.

If possible, opt for a swaddle sleepsack. If not, a thin, light blanket swaddled around the chest, never over the shoulders or head, can work.

Always put your baby on their back for every sleep.

3 Ways To Swaddle

ARMS IN to reduce the startle reflex.

HANDS-TO-FACE for self-soothing.

1 OR 2 ARMS OUT for an easy transition from swaddling.