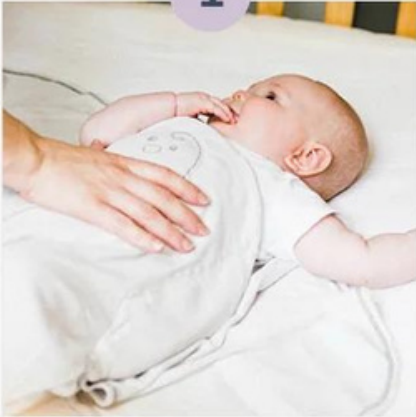


Arms Up Swaddle

Swaddling your baby with their arms up is simple!
Just follow these easy steps:

1



To swaddle, spread the blanket out flat, with one corner folded down.

2



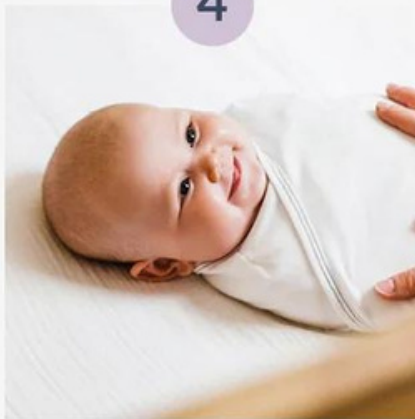
Lay the baby face-up on the blanket, with shoulders above the folded corner.

3



Wrap the left side around snug and under your baby.

4



Finally, wrap the right side all the way underneath your baby's back, tucking the end of the corner into the front of the swaddle.

5



Make sure baby's hips can move and that the blanket is not too tight.

“You want to be able to get at least two or three fingers between the baby's chest and the swaddle,” Dr. Moon explains.