

Laurie Fremgen's Favorite Swaddle Technique

Lay the receiving blanket out flat with the long edge at the top.

Place the baby in the center of the blanket with the top edge of the blanket just below the head.



Fold the baby's arms across his/her chest.

Bring the top corner of the blanket across the baby and tuck it under the baby's side.



Bring the remaining top corner of the blanket across the baby and tuck it under the baby's side.



Take a bottom corner of the blanket in each hand.
Twist the blanket one time (move one of your hands over the other).



Pull the corners up toward the baby's head (the blanket will lift the baby's feet up towards their head). Turn the baby on their side and tie the ends of the blanket behind the baby's head.



This makes a little support pillow for the baby's neck.



The blanket should not be tight on the front of the baby's neck.

