



Arms-Free Swaddling

a settling option for your changing baby

Swaddling is optional

Some parents and babies like the security of swaddling and others like the freedom to explore. It is optional to swaddle babies for sleep. It may help them settle and reduce crying. There are safe and unsafe methods and conditions.

Conditions must be safe

Swaddling is only for babies sleeping in recommended conditions:

- placed for sleep **on their backs** (*not safe for a baby on the tummy or side*)
- placed for sleep **in infant beds** (*not safe for a baby who is bed sharing*)
- **unable to roll** from back to front (*not safe for a baby older than 16 weeks*)

Method must match development

There are many swaddling products, materials and methods. Whatever is used, swaddling must consider sleep position, temperature and development.

- **0-6 weeks:** full-body swaddle that is firm (not tight) around the shoulders, loose around the hips, and stays clear of the face
- **0-16 weeks:** arms-free swaddle that starts under the arms and is firm (not tight) around the body, loose around the hips, and stays clear of the face
- **from 16 weeks:** no swaddle

Arms-free swaddling

This method means babies **feel** secure, while also **free** to find their hands and suck for comfort, **free** to cool if they get too hot, **free** to bend their hips and knees, and **free** to try to clear their faces if something obstructs their breathing. (Video demo at: www.changeforourchildren.nz/arms_free_swaddling)

ARMS-FREE SWADDLING



STEP 1: Across and tuck



STEP 2: Across and tuck



STEP 3: Up then under back