

1

Lay the swaddle in a diamond shape and fold the top corner down about 6 inches, placing your baby on top so the shoulders are just below the fold.



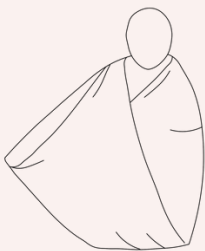
2

Place baby's arm alongside the body, relaxed but slightly bent. Take the same side of the swaddle and pull it across baby's chest, tucking the edge of the wrap under the body and keeping the other arm free. It should be snug, but not too tight.



3

Fold the bottom of the wrap up and over baby's feet to the shoulder, tucking the fabric in at the top behind the uncovered shoulder. Again, it should be snug but not too tight; baby's hips should be loose, allowing them to move their hips and legs slightly.



4

Place baby's exposed arm alongside the body, slightly bent. Wrap the same side of the swaddle across baby's arm and chest, tucking the edge of the wrap under the baby to secure the swaddle.



5

Bravo mama - you're done!
Sweet dreams baby x