

## Wrapping a baby – in pictures

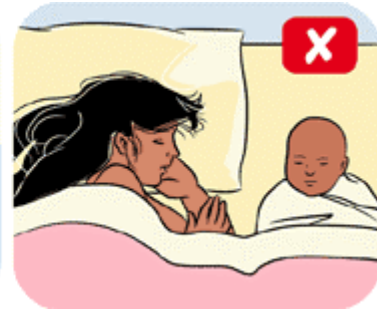
### Safe sleeping positions



Wrapping is not only soothing for some babies but it can help reduce the risk of SIDS by keeping baby on her back during sleep. Babies can be wrapped from birth up **until they can roll onto their tummies**.

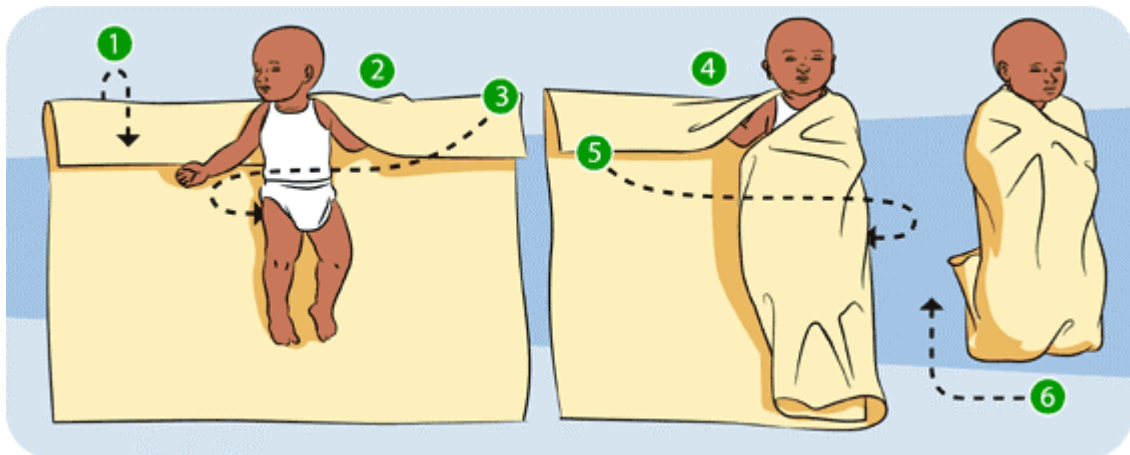


Not all babies like to be wrapped so follow her cues and respect her wishes if she resists. An infant sleeping bag is a good alternative because, like wrapping, it helps keep baby on her back which reduces the risk of SIDS.



It's not recommended to wrap babies who bed-share with their parents as this can cause **overheating** (a known cause of SIDS). **Dress baby as you would dress yourself** in this situation.

### How to wrap a baby



There are many ways to wrap a baby. Here's a popular method: **1)** Using a **cotton or muslin** wrap, fold the top edge of the wrap down by about 20 cm; lay baby on the wrap with her shoulders in line with the fold. **2)** Place one of baby's hands under the fold; **3)** bring the edge of the wrap across the body and tuck it under baby's legs. **4)** Place the other hand under the fold; **5)** bring the other edge of the wrap across baby's body and tuck in under her back. **6)** Fold any extra length up and under baby's legs. While babies like to be wrapped firmly **make sure that the wrap is not too tight**.

### Safe sleeping dos and don'ts



**In warm weather**, all baby needs to wear beneath the wrap is a singlet and nappy. Overheating has been linked with SIDS, so try to keep her sleep environment at a cool, comfortable temperature.



**In cool weather**, dress baby in a lightweight jumpsuit beneath the wrap. **Don't use a bunny rug or blanket** – it can cause baby to overheat. Also be careful not overheat the house, especially if baby is battling an infection.



Ensure the wrap doesn't cover the head, ears or chin. Wraps that are too high can obstruct baby's breathing and also cause her to overheat.