

If you require support in caring for your baby please consult:

- Child & Family Health Nurse
- General Practitioner
- Karitane Careline on 1300 CARING (1300 227 464)

Reviewed July 2010. References available on request.

Web: [www.karitane.com.au](http://www.karitane.com.au)  
E-mail: [Karitane.online@sswahs.nsw.gov.au](mailto:Karitane.online@sswahs.nsw.gov.au)  
(This email address should be used for non-urgent queries only)

Karitane  
PO Box 241, Villawood NSW 2163  
Ph: (02) 9794 2300 Fax: (02) 9794 2323  
ABN 25 000 018 842

**Karitane**<sup>TM</sup>  
leaders in parenting services since 1923

Proudly Sponsored By

**Johnson's**  
baby

# wrapping your baby

## newborn to 4 months

For ease of reading the female gender has been used throughout this brochure.

This brochure will provide you with some suggestions and diagrams that you may find useful for wrapping your baby. If you have difficulty getting your baby to sleep, Karitane has other brochures available that explain settling strategies for different aged children.

### Why wrap your baby?

Research suggests that wrapping your baby will help her to settle. This is because she will feel secure with the wrap containing her, as she did in the womb before birth. Also, the wrap stops her from frightening herself when the 'moro' reflex occurs. If you or your baby are not comfortable with wrapping, then do not use this method for settling.

### Safety and Sleeping

When you are settling your baby it is very important to remember the current recommendations from SIDS and Kids (the National Sudden Infant Death Syndrome Council of Australia - [www.sidsandkids.org](http://www.sidsandkids.org))

- Keep your baby in a smoke free environment
- Put baby on the back to sleep
- Sleep baby with the face and head uncovered

### When to stop wrapping your baby

It is usually recommended to start loosening the wrap with a view to not using it at all once your baby starts rolling over.

It is important not to cover your baby's head whilst she is asleep as this practice may cause overheating.



# What to do

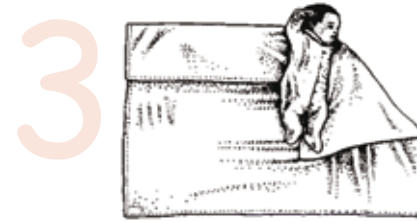
These diagrams start by wrapping the baby's left hand first however you or your baby may be more comfortable starting with the right hand.



1 Fold down one long edge about 20cms and place your baby in the middle with her shoulders at the level of the fold.



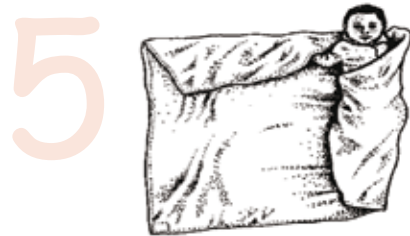
2 Place your baby's left hand under the fold.



3 Keeping your baby's left hand near the shoulder. Take the top of the fold and tuck it under your baby's legs.



4 Take the left edge of this new fold and wrap it over your baby's body then tuck it under the body on the right side.



5 Place your baby's right hand under the fold.



6 Keeping your baby's right hand near the shoulder take the top of the fold and tuck it under your baby's legs.



7 Take the right edge of this new fold and wrap it over your baby's body then tuck it under the body on the left side.



8 Fold any extra length of the wrap under your baby's legs.

**The Wrap:** A suitable material for a wrap is muslin or light cotton which measures about 1.5 metres x 1.0 metres (available from Karitane by phoning (02) 9794 2300). You may worry that this material is not warm enough but remember when you place your baby in bed there may also be a sheet and/or blanket over her. Another of SIDS and Kids recommendations is to avoid overheating your baby.