

WRAPPING YOUR BABY

Newborn to around 4 months



Why wrap your baby?

Wrapping your baby is recommended for babies from birth until about 3-4 months. Research suggests that wrapping helps babies settle, as this helps them feel secure, just like in the womb before birth. Also, the wrap stops your baby from being frightened by jerky arm and leg movements.

Newborn babies have reflexes which cause sudden movements of their arms and legs. This may cause them to wake. Wrapping helps to contain these movements.

Some babies like to have room to move their arms and a stretchy wrap can provide the security and allow freedom of movement.

The Wrap

A suitable wrap is a light and breathable cotton material which measures about 1.5 x 1.0 metres. In colder months, add a sheet and/or blanket if required.

When to Stop Wrapping

For your baby's safety, once your baby starts to roll over (usually at about 4 months), start loosening the wrap and gradually remove it. This will stop your baby from becoming tangled in the wrap.

Safety & Sleeping

When settling your baby, it is important to consider safe sleeping recommendations of SIDS and Kids (www.sidsandkids.org).

- Keep your baby in a smoke free environment
- Put your baby to sleep on their back
- Keep your babies face and head uncovered
- Avoid overheating your baby with excess bedding and sleepwear
- Ensure that the wrap is firm, but does not restrict movement around the hips and legs

Need Help?

- For a video on wrapping, see www.mybabyandme.org.au/sleeping-settling/wrapping-your-baby.
- To speak to someone, call the **Karitane Careline** on **1300 CARING (1300 227 464)**
- If concerned about your baby, see your Child and Family Health Nurse or GP.

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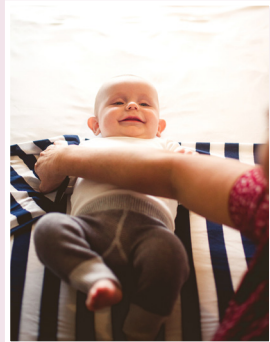
L'il Fraser Collection
SYDNEY

HOW TO WRAP YOUR BABY



STEP 1

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



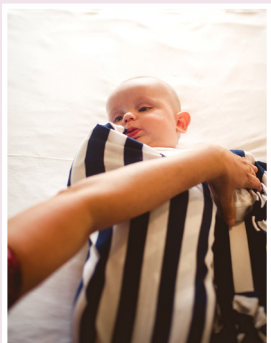
STEP 2

Tuck the babies hand under the fold. Bring the top corner of the wrap under baby's hip



STEP 3

bring wrap across your babies body and tuck it under the opposite hip and waist



STEP 4

Place the other hand under the fold (as in Step 2).



STEP 5

Bring wrap across your babies body and tuck it under the opposite hip and waist (as in Step 3)



STEP 6

Now your baby is wrapped. Leave the bottom of the wrap loose around your babies legs

For a video demonstration of this wrap please go to <http://karitane.Com.Au/mybabyandme/sleeping-settling/wrap-4-6-m>

Purchase from us

Karitane and L'il Fraser are proud to offer high quality 100% cotton wraps for your baby.

L'il Fraser support Karitane by donating a portion of the proceeds of the sale. These wraps have been tested and approved by Karitane to be used with the wrapping style recommended in this brochure.

See www.mybabyandme.org.au/sleeping-settling/wrapping-your-baby



Need Help?

Don't hesitate to seek help from family, friends or the Karitane Careline
1300 CARING (1300 227 464)
Visit www.karitane.com.au