

Swaddling Your Baby The Simple Way

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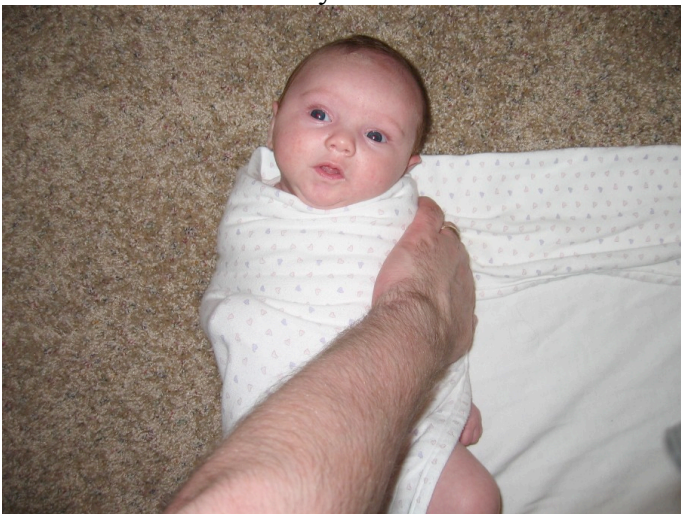
I nearly went crazy trying to swaddle my little girl the way the video told me. Every time it would come loose or she would escape getting her arms free and start crying. The other problem I found was that the blankets we could find were not square and the material was quite stretchy. She liked to sleep in her car seat and this swaddle makes it stay because her weight holds the end of the blanket in place.

I came up with the following super simple way to swaddle her. It works great and is very easy.

1. Lay down the blanket and fold over the top about six inches. Lay the baby on top. (See how she is upset and unhappy.)



2. Pull over left side of blanket to the right and tuck under the side of the baby.



3. Pull over the right side of blanket and tuck underneath the baby.



4. Mission accomplished...calm and safe.



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