

How to Swaddle a Baby

- Step 1:** Lay a blanket in a diamond formation on a flat surface.
- Step 2:** Fold the top corner of the blanket down about the length of your hand.
- Step 3:** Lay the baby on the blanket so the fold is above the top of the baby's neck.
- Step 4:** Pull the right side of the blanket across the baby's body. Tuck the blanket under the baby's left back.
- Step 5:** Pull the left side of the blanket across the baby's body. Tuck the blanket under the baby's right side.
- Step 6:** Lift the baby and tuck the bottom tail of the blanket under the baby's legs and back.