

safe wrapping

Place baby
on back

No bed sharing
when baby is
wrapped

Keep baby's
face and head
uncovered

Wrap should
be muslin or light
cotton material

Wrap should
be firm but
not tight

Baby must not
be overdressed
under the wrap

Infant wrapping is a safe and effective strategy that can be used to help babies sleep on their back during the first months of life. Wrapping style should be appropriate for the baby's development stage. It is essential to discontinue wrapping as soon as baby starts showing signs that they can begin to roll, usually between 4-6 months.

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