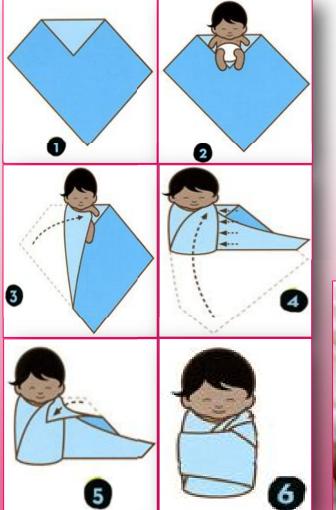


For safety, your baby should sleep on his back. Wrapping baby in a blanket called "swaddling" may help him sleep. Stop swaddling when baby can roll over onto his belly.

## Swaddling:



Arms can be in the blanket:



**OR...** Arms can be outside the blanket:





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