

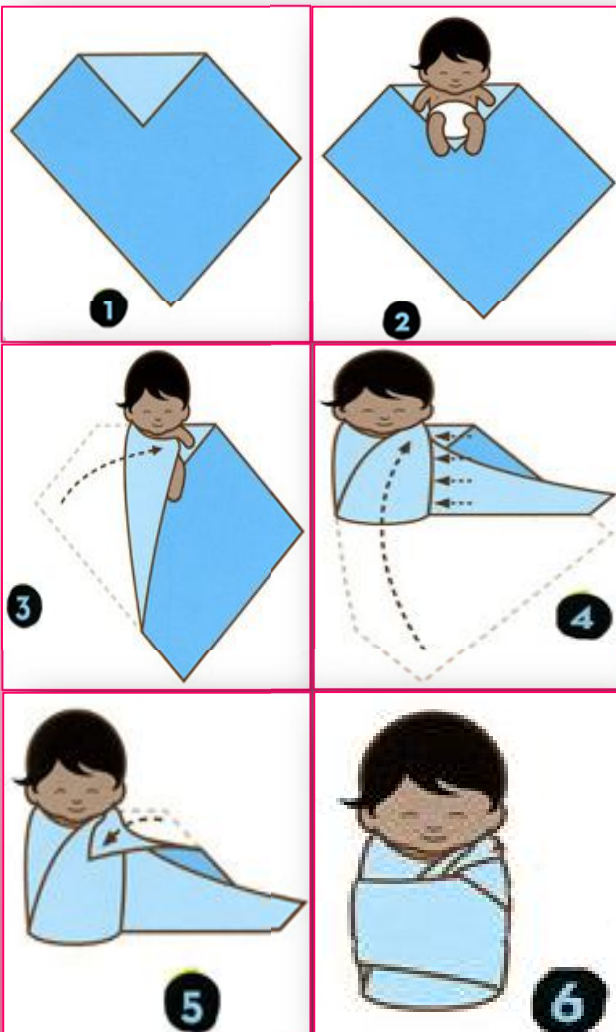


For safety, your baby should sleep on his back.

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:

