



How to swaddle a baby



STEP 1

Wrap the baby using a sheet. Fold one corner on itself and place the baby's head on the in-folded corner. Cover the head till the hairline on forehead.



STEP 2

Cover over the left shoulder and tuck in the right side



STEP 3

Cover over the right shoulder and tuck on the left side



STEP 4

Fold from the foot end towards the top



STEP 5

Pull the sheet a little and tuck it under the chin

