safe wrapping

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.

- 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

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