



Benefits Of SWADDLING A Baby

Soothes and calms the baby with ease

Helps the baby fall asleep faster and promotes longer, uninterrupted sleep

Helps the baby fall asleep on their back, reducing the risk of SIDS



Reduces the baby's startle response and reflux

Helps provide relief to infants with neurological issues

Comforts the baby during episodes of colic



References

Should You Swaddle Your Baby? - Harvard Health

Swaddling; MDHHS

Swaddling A Baby: The Benefits, Risks And Seven Safety Tips; NCT