

# Safe Wrapping



Safe wrapping for young bubs

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## Why Safe Wrapping is good for us

- ✓ Wrapping is a good way to help us bubs settle and sleep on our back. It can make us calm and sleepy too.
- ✓ Wrapping might help us get a better sleep too. This helps us get bigger and stronger over time! We might wake less during our sleep times because we are so cosy.
- ✓ You can always use a safe bub sleeping bag if you don't have wraps at home.

## ! Alert

- Tummy sleeping increases the risk of Sudden and Unexpected Death in Infancy (SUDI). No one wants that to happen so always just put us to sleep on our backs. Putting us wrapped up on our tummy to sleep is dangerous for us. It means we can't move ourselves to a safe position.
- When bub starts showing signs they can start to roll, no need to wrap anymore. This is usually between 3-4 months. Wrapping bub at this time can cause trouble because we might roll onto our face and not be able to roll back over.

## How To Safely Wrap bub



1 Place bub off-centre (to left or right) with top of wrap level with shoulders.



2 Fold bub's arm across chest and bring shorter side of wrap across bub's arm and tuck firmly under bub.



3 Bring larger side of wrap across and tuck under bub.



4 Bring the bottom of the wrap on top of bub.



5 Fold the bottom of the wrap under bub.



6 Always sleep bub on their back with head and face uncovered.

# healthy happy & safe

## Safe Wrapping

- Muslin or light cotton sheet or wrap are safer for us. They are comfy too. Bunny rugs and blankets are no good for wrapping because we might get too hot.
- Wrap us up firm but not too tight! If you wrap us too tight with our legs straight, it might be no good for our hips. If you wrap us too loosely, the wrap can cover our head and face.
- We don't need too many clothes on under the wrap, we are warm enough with a singlet and nappy in warm weather or light grow suit in cooler weather.
- Help some of us older bubs stay on our back by wrapping lower body. Leave our hands and arms free.



## ! Alert

- Around 3-4 months when we show signs we are ready to start to roll, it is no good to wrap us anymore.
- Never use swaddles or wraps that restrain a bub's arms with velcro or zips.
- Do not wrap bub higher than the shoulders so bub's face and head remain uncovered.
- Sharing a sleep surface with your bub may increase the risk of SUDI or sleep accidents. It is especially dangerous to share a sleep surface if bub is wrapped.

## Safe Sleeping Recommendations

- ✓ Sleep me on my back, no need for me to be on my side or tummy.
- ✓ Keep our face and head uncovered. Even hats and headbands are no good when we are trying to sleep.
- ✓ Keep us smoke free! A smoke free home protects our breathing.
- ✓ Always keep our sleep space safe. Firm mattress, no toys or pillows needed in the sleep space.
- ✓ Let us sleep in your room for at least the first 6 months.
- ✓ Breastfed is best for us.



Red Nose acknowledges the Traditional Owners of the lands in which we work, live and visit.

*When we listen, we learn. When we know better, we do better.*  
- Skye Stewart | Wergaia and Wemba Wemba midwife from Mallee Victoria

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