

# Safe wrapping

- Infant wrapping is a safe strategy to help babies sleep on their back during the first months of life.
- Stop wrapping once baby shows signs of rolling, usually between 3-4 months.



No bed sharing when baby is wrapped



To avoid overheating, baby must not be overdressed under the wrap



Never use products that restrain a babies arms with velcro or zips



Place baby on back



Wrap should be firm but not tight

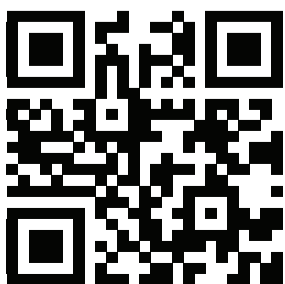


Wrap should be muslin or light cotton material



Keep baby's face and head uncovered

Scan the QR code below for more information & resources



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Red Nose Safe Sleep Advice Hub

1300 998 698 (during AEST/AEDT business hours)

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