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
- Keep baby’s face and head uncovered
- No bed sharing when baby is wrapped
- Wrap should be firm but not tight
- Wrap should be muslin or light cotton material
- Baby must not be overdressed under the wrap