



## Avoid swaddling once your baby starts to roll over, and keep in mind that swaddling does not reduce SIDS risk.

*If your baby is placed on the stomach or rolls onto his or her stomach while swaddled, the risk of death is higher.*

### If you do choose to swaddle, follow these recommendations:

- Make sure the swaddle is wrapped snugly so that the blanket isn't loosened during sleep.
- Do not swaddle so tightly that your baby cannot move their hips.
- If your baby is placed on the stomach or rolls onto his or her stomach while swaddled, the risk of death is higher.
- Do not use weighted blankets, clothing, or objects within swaddles.
- Avoid swaddling once baby starts to roll over (two-three months of age).
- Check your baby for signs of overheating.



**If you swaddle your baby, always place the baby on his or her back to sleep and check on the baby to make sure baby doesn't roll over.**



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Baby Behavior Sleep  
Baby Behavior Feeding Cues  
Sleep Surface  
Special Health Conditions

### Let's Talk - Swaddling

Swaddling can make it harder for baby to wake up

For content resources, visit: [dshs.texas.gov/SafeInfantSleep](https://dshs.texas.gov/SafeInfantSleep)

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### Family and Caregiver Common Questions

#### Should a baby be swaddled?

Every baby is different!

Even though you may have heard that swaddling is best for preemies, it is important to talk to your doctor to make sure it's okay to swaddle your premature baby.

Swaddling does not reduce SIDS risk, and it is very important to make sure your swaddled baby is placed to sleep on his or her back.

#### My family has shared that if I don't swaddle my baby, the baby could get cold and may get sick. How can I share this recommendation with them?

It is common for family and other caregivers to share what they did when raising their own children or other grandchildren.

Caregivers were providing the best care they could based on the research at the time.

Today we know differently, so share these updated practices to help make sure everyone caring for your baby will help keep the baby sleeping safely.

#### My family has shared that if I don't swaddle my baby, the baby could get cold and may get sick. How can I share this recommendation with them?

Swaddling does not lower your baby's risk of SIDS. However, some babies are calmer and sleep better when they are swaddled.

Swaddling may also make it more difficult for you to notice your baby's hunger cues, especially if the baby's arms are swaddled inside of the blanket.

Once your baby starts to roll over, swaddling increases risk of other sleep-related death by suffocation and strangulation.

Make sure to always place your swaddled baby to sleep on his or her back, and make sure the swaddle is not too tight. If the swaddle is too tight, it may make it hard for your baby to breathe or move his or her hips and may make it more likely for your baby to get too hot.



#### Let's Talk - Circle of Support

Continue to share safe infant sleep information with parents and caregivers throughout the first year to increase their use of safe sleep practices!

For content resources, visit:  
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