

Baby Basics



Sleeping Like A Baby: Safe And Secure

(NAPSA)—Here are a few eye-opening ideas for new parents on how best to help baby—and the rest of the family—get a good, safe night's sleep:

- Always place your baby to sleep on his or her back at nap time and nighttime.

- Do not overdress your baby and keep the room temperature between 67 and 72° F.

- Do not swaddle your baby once he or she can roll over.

- Do not put your baby to sleep on any soft surface (sofa, chair, water bed, quilt, blanket, sheepskin and the like).

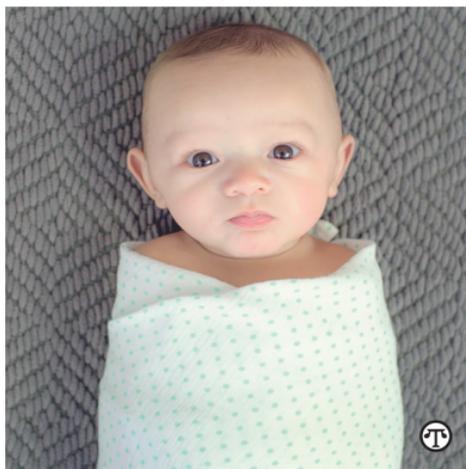
- Use a crib that meets safety standards and has a firm, tight-fitting mattress.

- Remove loose materials—such as blankets, pillows, stuffed animals, and toys—from a baby's crib or sleeping area.

- All electrical cords and electronic devices—such as baby monitors, bottle warmers, and soothers—should be kept at least three feet away from the crib and the child's reach.

- Use a wearable blanket or a sleeper instead of blankets. Many parents are pleased to discover a great way to keep babies sleeping safely on their backs while replacing loose blankets in the crib is with a swaddle wrap. For example, the award-winning SwaddleMe® wrap can also re-create the snugness of the womb, so babies startle less and stay asleep longer.

There are four basic types of swaddles in the SwaddleMe line, made for babies of different sizes and stages of development:



Wrap your baby in the kind of comfort that can help him or her sleep better.

Stage 1: The SwaddlePod is for newborns weighing five to 10 pounds and designed to create a cozy womblike feeling.

Stage 2: SwaddleMe for infants of seven to 20 pounds is the original adjustable infant wrap with soft adjustable wings to provide a perfect snug fit.

Stage 3: The SwaddleMe WrapSack, also for babies of seven to 20 pounds, can be worn with the arms in or out.

Stage 4: The ComfortMe is for older babies weighing 12 to 24 pounds and is designed to give babies the comfort of a traditional blanket with the safety and security of a wearable blanket.

They all come in a variety of colors, patterns and textures.

Learn More

You can find further facts, advice and videos online at www.SwaddleMe.com or by calling (800) 268-6237.