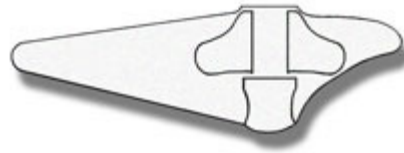


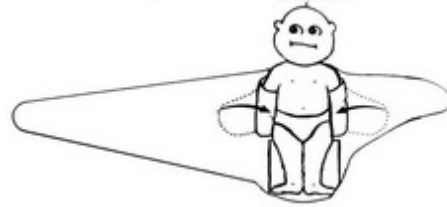
### Step One:

Lay the blanket on a flat surface with the foot pouch at the bottom and lay baby between armflaps with tops of shoulders slightly above top of blanket.



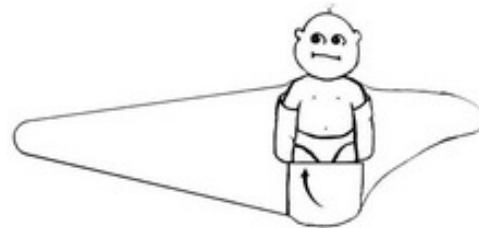
### Step Two:

Fold the armflaps over the outside of your baby's arms and tuck them snugly under her back on each side. **IMPORTANT:** You should lift the baby's bottom to be sure the armflaps are flat and snug under baby's back.



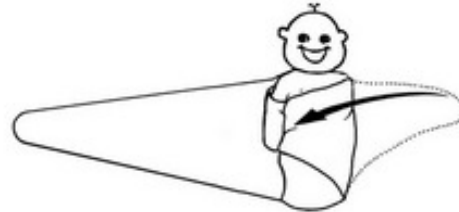
### Step Three:

Pull the footpocket up over the feet. **NOTE:** Some babies' feet may not reach the foot pocket yet. This is okay: It will be there for them as they grow.



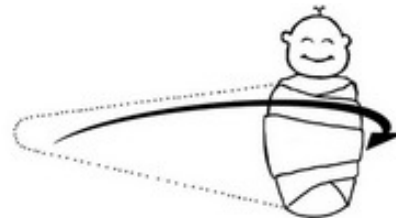
### Step Four:

Fold the right side of the blanket over your baby's belly and tuck it under the left arm pit (her right). This flap should wrap all the way under the baby's back.



### Step Five:

Wrap the left side of the blanket over the top of her belly and all the way around her until you run out of blanket. This is where it is important to pull the blanket snug. **THE BLANKET MUST BE PULLED SNUG.**



**IMPORTANT: BE SURE THE TOP OF THE BLANKET IS SLIGHTLY BELOW THE TOPS OF THE SHOULDERS.**

### Important for newborns and smaller babies:

After wrapping the arms (Step 2), fold the bottom of the foot pocket up so the feet touch the bottom of the wrap. This will create a more perfect, custom swaddle. Follow steps 4-5.

