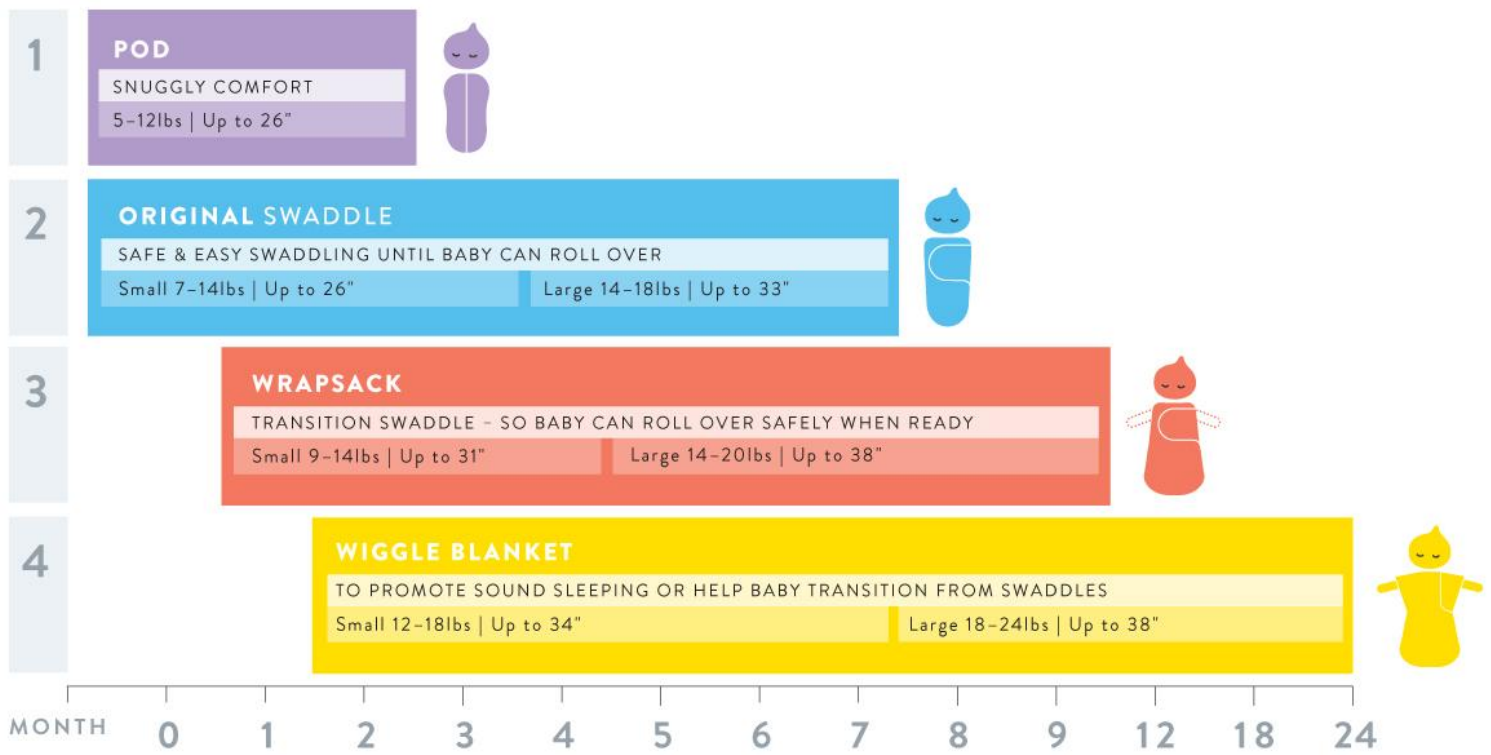


THE BENEFITS OF SWADDLING

- Swaddling soothes babies by mimicking the familiar snugness of the womb.
- Swaddling teaches babies to sleep through the night without startling themselves awake.
- Your baby will sleep soundly and safely at every stage of constantly evolving development.

Thanks to SwaddleMe and its leading line of research-backed products, you and your baby can sleep tight, every night.

STAGE



PARENTS' CHECKLIST

CREATE A SAFE SLEEP SPACE



Use a crib that meets current CPSC standards.



Use a fitted crib sheet on a firm, tight-fitting mattress for no gaps or looseness.



Don't allow cords within 3 feet of baby's crib or within baby's reach.



Keep baby's crib free of any pillows, blankets, toys, and fluffy or loose bedding.

PARENTS' CHECKLIST

TIPS FOR A BETTER NIGHTS SLEEP



Always place baby to sleep on their back.



Don't put baby to sleep on any soft surface (sofa, waterbed, furry blanket, etc.)



Don't dress baby too warm. Keep the temperature between 62-72 degrees F.



Monitor your sleeping baby to give you peace of mind.