Sleep in a Swaddle Pod

A checklist for parents of a newborn



A swaddle pod helps in the first weeks. As soon as your baby tries to roll, switch to a sleeping bag with the arms out.

BABY'S WEIGHT _____

POD SIZE _____

FIRST ATTEMPTS TO ROLL _____

Before sleep in the pod

- [ ] Baby lies on the back
- [ ] Two or three fingers fit between the chest and the pod
- [ ] The legs can bend up and out
- [ ] The pod sits below the shoulders, the face is uncovered
- [ ] Nothing in the crib but the baby, and no blanket on top
- [ ] The room is 16-20 °C, no hat
- [ ] Your baby is not trying to roll yet

How to choose a swaddle pod

- [ ] Size by weight and length
- [ ] Breathable fabric: cotton or muslin
- [ ] A loose pouch for the legs
- [ ] Neckline below the chin, no hood
- [ ] A bottom zip for diaper changes
- [ ] Two pods: one on the baby, one in the wash

Do not swaddle

- [ ] When your baby shares your bed
- [ ] When your baby has a fever or an infection
- [ ] In a car seat, sling or carrier

Time for a sleeping bag

- [ ] Your baby tries to roll
- [ ] Frees the arms every night
- [ ] The Moro reflex fades
- [ ] Falls asleep better with the fists near the face

Notes

- [ ] _____
- [ ] _____
- [ ] _____