

# How to Use Miracle Blanket®

1



Spread the blanket flat with the foot pouch at the bottom. Lay baby between the arms flaps with the shoulders slightly above the top of the blanket. Pull the foot pouch up over the feet. If baby's feet don't reach the bottom (like newborn or smaller babies sometimes do), fold the bottom so the feet are touching.

2



A. Fold the arm flaps over the outside of your baby's arms. Then tuck the arm flaps loosely under baby's back. The arms may then be placed beside the baby (as pictured); or they may be placed on your baby's chest in a hand-to-heart position.

3



Fold the short side of the blanket over baby's belly and tuck it under the left armpit (if arms are down), wrapping all the way under baby's back. Wrap the long side over the top of baby's belly and all the way around until you run out of blanket, pulling snugly and keeping the top of the blanket slightly below the top of baby's shoulders.

4



**Enjoy your sleepy, calm and happy baby!**

*Note: Your baby should be wrapped snugly at all times. It is normal for your baby to fuss when they are wrapped the first few times. After a few times, most babies begin to relax at the mere **sight** of the Miracle Blanket.*

**The Miracle Blanket is made for babies ages birth to 14 weeks.**

Babies should ALWAYS sleep on their backs, and never on their sides or stomachs. Additionally, babies should not be swaddled PERIOD, after they begin to roll over. At the age of 14 weeks (unless baby begins to roll over sooner) is the time when you graduate your baby from the Miracle Blanket.

Your baby is now ready for the Miracle Sleeper Wearable Sack in the small size, which is made for 4-9 months.

[Learn more at miraclebabyusa.com](http://miraclebabyusa.com)

# Swaddling Questions

## When can I start swaddling?

Babies can be swaddled as newborns. They love to feel comfy and warm, like they are back in their mother's womb.

## Do all babies have to be swaddled?

While calmer babies don't have to be swaddled, fussy babies can benefit greatly from it. Some babies have to be woke up for feeding because swaddling helps them sleep so well.

## Should I swaddle or use a loose blanket?

Never put your baby into bed with loose blankets. Make sure their swaddle is wrapped around them snugly so it doesn't loosen during sleep. An unwrapped swaddle can become a loose blanket, and could potentially get around the baby's face.

## How can I tell if my baby is getting too hot when swaddled?

While preemies often benefit from incubators to keep them warm, full-term newborns just need some clothing, a Miracle Blanket swaddle, and a room temp between 65° and 70° F. If it is warmer than that in their room, then you can dress them just in a diaper.

You should always check to see if your baby is overheated by feeling the ears and fingers. If they are hot, red, and sweaty, then they are over-clothed or the room is too warm.

## How tight of a swaddle is too tight?

Loose wraps almost always come open. An easy way to see if your baby is swaddled too tight is to slide your hand between the blanket and your baby's chest. It should feel pretty snug, but not so tight that you can't get your hand in there.

## Can swaddling help with sleep?

Absolutely! Babies who don't even have to be swaddled to stay calm even sleep more and better when they're swaddled. Swaddling can keep them from waking up due to startling and/or touching their faces. Add some white noise and they will sleep even better.

## When is a baby too old to continue to be swaddled?

At the age of 14 weeks is the time when you graduate your baby from the Miracle Blanket. (unless baby begins to roll over sooner) Many people think they should stop swaddling after a few weeks, when their baby starts resisting it. But, actually, this is when swaddling becomes the most valuable. We recommend weaning them off by going "cold turkey" or start with one arm out. If they sleep well with one arm out, they probably don't need swaddled any more.

## How many hours a day should a baby be swaddled in a Miracle Blanket?

Babies need time to stretch, bathe, feed, and get a massage. We recommend never swaddling more than 8 hours in a row, and no more than 12 hours total in a 24-hour period. After one or two months, you can reduce swaddle time according to how calm they are without a swaddle.

## Extra Tips:

To further enhance the effectiveness of the Miracle Blanket, try the following:

1. After wrapping, cradle your baby on your forearm facing down or forward.
2. Gently rock your baby while making "shushing" sounds in their ear.
3. If your baby likes a pacifier, definitely use it if you prefer.

**Always listen to your pediatrician's recommendations. Doctors always know what is best for you and your baby.**

## SAFETY WARNINGS & REMINDERS:

REMINDER – ALWAYS POSITION BABY LAYING ON THEIR BACK IN THE MIRACLE BLANKET® OR OTHER SWADDLE, AND NEVER ON THEIR SIDE OR STOMACH. NEVER SWADDLE IN A CAR-SEAT ALWAYS SWADDLE WITH THE MIRACLE BLANKET RIGHT BELOW THE SHOULDER LINE

NEVER WRAP ARM FLAPS TO TIGHTLY

