



Breastfeeding  
Committee  
for Saskatchewan

[www.thebcs.ca](http://www.thebcs.ca)

### **Important:**

#### **The do's and don'ts of swaddling/bundling**

**Do** place your baby on his or her back to sleep while swaddled.

Sleeping swaddled on their belly can increase baby's risk of SIDS.

**Do** use a light cotton blanket that can breath and not liable to cause overheating(also a risk for SIDS)..

**Don't** wrap too tightly. Swaddle *too* snugly, and your baby could be at risk for overheating, poor circulation, or poor posture of their hips. Wrap snugly, but not tightly.

**Don't** cover your baby's face. This can lead to overheating or suffocation.

#### **For further information contact:**

Local Public Health Nurse

International Board Certified Lactation Consultant (IBCLC)

Local breastfeeding support Group

Saskatchewan HealthLine 811

# **Swaddling or Bundling Your Baby**

## **The Risks and the Benefits**

**There are concerns about the growing use of swaddling because of the possibility of overheating the baby, and the increased risk of crib/cot death. Also, research suggests, swaddling, and especially tight swaddling, may affect the baby's natural posture, especially around the baby's hips.**

### **Risks and drawbacks of swaddling/bundling**

Bundling may interfere with early skin to skin, breast-feeding, and mommy/baby and daddy/baby bonding

Bundling may affect a newborn's healthy weight

Bundling may increase risk of hip dysplasia

Bundling can put babies at higher risk of bone-development problems, chest infections and overheating

### **Benefits of swaddling/bundling**

Bundling may lead to longer, sounder sleep

Bundling may calm and soothe a crying baby

### **Is swaddling/bundling for your baby?**

Bundling doesn't work for all newborns. Some babies will feel snug and secure bundled, others will kick and struggle against the constraint. Each family needs to weigh the pros and cons, make an informed decision, and do what's best for your own baby and situation.

**SUPERVISE YOUR BABY** – To be completely safe, supervise your baby while he's swaddled, practicing safe swaddling techniques.

For more information contact your local health care provider.

### **Resources:**

The Registered Nurses Association of Ontario:

<http://rnao.ca/bpg/guidelines/safe-sleep-practices-infants>

Breastfeeding Committee for Saskatchewan: <http://www.thebcs.ca/>