

The DUDU wrap

There are as many ways to swaddle babies as there are ways to fold napkins for a dinner party, but one method is clearly the best. It's called the "DUDU" wrap. (DUDU, pronounced "doo doo", stands for Down-Up-Down-Up.)

Getting prepared to start swaddling

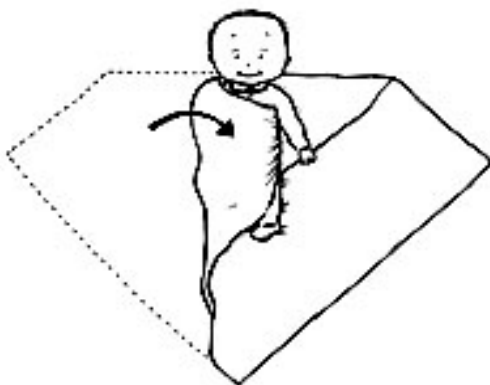


(When learning to wrap practice on a doll or on your baby when she's calm.)

- 1) Place the blanket on your bed and position it like a diamond.
- 2) Fold the top corner down so the top point touches the center of the blanket.
- 3) Place your baby on the blanket so her neck lays on the top edge.
- 4) Hold your baby's right arm down straight at her side. If she resists, be patient. The arm will straighten after just a moment or two of gentle pressure.

The DUDU wrap begins

1) DOWN



Just as swaddling is the cornerstone of calming, this first DOWN is the cornerstone of swaddling. This must be done well or the wrap will unravel.

Hold your baby's right arm straight against her side, grab the blanket 3-4 inches from her right shoulder and pull it very tightly down and across her body. (It should look like one side of a V-neck sweater).

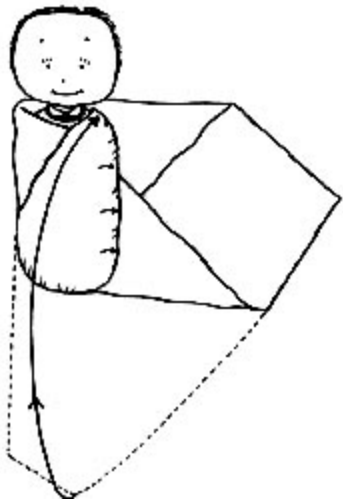
Tuck – Keeping the blanket taut, finish pulling it all the way down and tuck it under her left buttocks and lower back. This anchors the wrap.

Snug – While firmly holding the blanket against her left hip, grab the top edge of the blanket next to her unwrapped shoulder and tug it very snug. Pull the blanket tightly to remove any slack around your baby's right arm.

After this first "DOWN...tuck...snug", her right arm should be held so securely against her side she can't bend her arm up, even if you let go of the blanket.

Please, don't be surprised if your baby suddenly cries louder when you pull the blanket tight. You're not hurting her! Her cry means she's out of control and she's simply not aware she's just seconds away from happiness.

2) UP

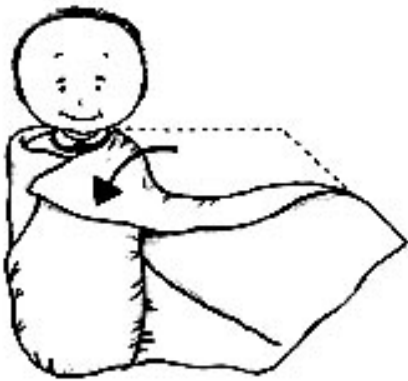


Now, straighten her left arm against her side and bring the bottom straight up to cover the arm. The bottom blanket point should reach up and over her left shoulder. It's OK if her legs are bent, but be sure her arms are straight.

Tuck – Tuck this corner tightly under her whole left arm with your right hand. Her arm should be pressed against her body.

Snug – While your left hand still holds her left arm down, use your right hand to grab the blanket 3" from her left shoulder and snug it with a continuous pull (stretch it as much as possible). This removes any slack.

3) DOWN



Still holding the blanket 3" from her left shoulder, pull the blanket taut and down, but only...a smidge.

A smidge – This DOWN should only bring a smidge of fabric over her left shoulder to her upper chest. Like the 2nd half of the V-neck sweater. (A mistake parents often make with the DUDU wrap is to bring this down fold all the way to their baby's feet... remember, it's just a smidge.)

Hold - Using your left hand, hold that small fold of blanket pressed against her breastbone, like you are holding down a ribbon while making a bow.

4) UP



As your left hand holds that fold, grab the last free blanket corner with your right hand and pull it firmly, straight out to your right. This will get every last bit of stretch and slack out of the wrap you've done so far. And, without releasing the tension, lift that corner in one smooth motion, up and...

Across – Bring it tightly across her waist and wrap it around her body like a belt. The belt should go right over her forearms, holding them down against her sides.

Snug - The finishing touch of the DUDU wrap is to snug the "belt" by giving it one last tight pull to remove any slack and then just tucking it in. This last tight snug and tuck keep the whole swaddle from popping open.