

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. As you hold your baby's right arm straight against her side, grab the blanket three to four inches from her right shoulder and pull it very tightly down and across her body. (It should look like half of a V-neck sweater.)

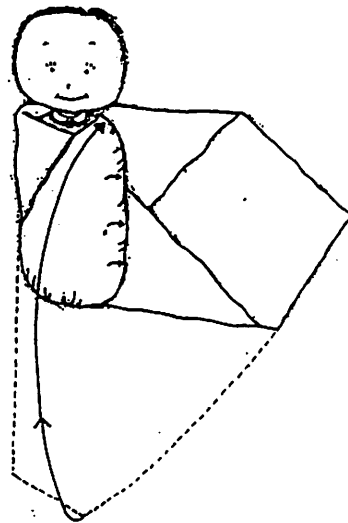
Tuck—Keeping the blanket taut, finish pulling it all the way down and tuck it under her left buttock and lower back. This anchors the wrap.

Snug—Hold the blanket against her left hip (with your left hand), grab the blanket right next to her left shoulder and tug it very, very snug. This will remove any slack around your baby's right arm and stretch the fabric tight.

After this first "DOWN . . . tuck . . . snug," her right arm should be held so securely against her side that she can't bend it up, even if you let go of the blanket. (More on the critical importance of straight arms on page 118.)

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

2) **UP** Now straighten her left arm against her side and bring the bottom corner straight up to cover her arm. The bottom blanket corner should reach just over her left shoulder. It's okay if her legs are bent (that's how they were in the womb), but be sure her arms are straight. If her arms are bent, she'll wiggle out of the wrap as fast as you can say, "Oops, she did it again!" And she'll cry even more.



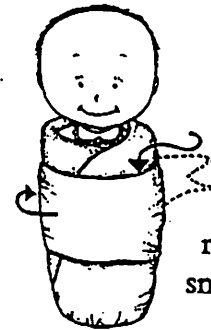
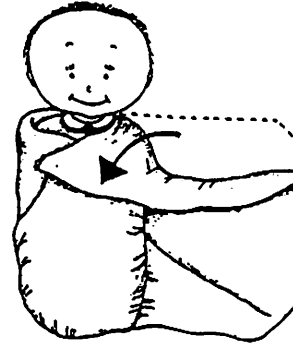
Tuck—Hold her covered left arm against her body, and tuck the blanket under it.

Snug—While your left hand holds her left arm down, use your right hand to grab the blanket three inches from her left shoulder and snug (stretch it as much as possible). This again removes any slack from around her arms.

3) **DOWN** Still holding the blanket very taut, three inches from her left shoulder, pull the blanket down a smidge.

A **smidge**—This **DOWN** should bring only a tiny bit of fabric over her shoulder to her upper chest, like the second half of the V-neck sweater. (Don't bring this fold all the way down to your baby's feet. Remember, it's just a smidge.)

Hold—Hold that tiny smidge of blanket against her breastbone with your left hand, like you are holding down a ribbon while making a bow.



4) **UP** Keeping that smidge in place, grab the last free blanket corner with your right hand and pull it straight out to your right. This will remove every last bit of stretch and slack from the wrap. Then, without releasing the tension, lift that corner in one smooth motion, up and across her body.

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

Snug—Finish the **DUDU** wrap by snugging the belt tightly to remove all slack. If the wrap is tight (and your blanket is big enough), the end of the belt will reach around her body and back to the front, where you can tuck it in the beginning of the belt. This last tight snug and tuck is crucial to keep the whole swaddle from coming apart.