

# Flexible Frog Method

for swaddling (or wrapping) young babies

Demonstrated by Baby Alex and Change for our Children Limited

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1. Use lightweight material for the wrap (e.g. muslin or light cotton)





2. Place baby with their neck at the top edge of the wrap and their hands on their chest.





3. With your left hand, bring the left side of wrap firmly across baby's chest and secure under baby's right shoulder. Use your right hand to keep baby's hands positioned on their chest.





4. Bring right side of wrap firmly across baby, holding baby's hands in position with your left hand.



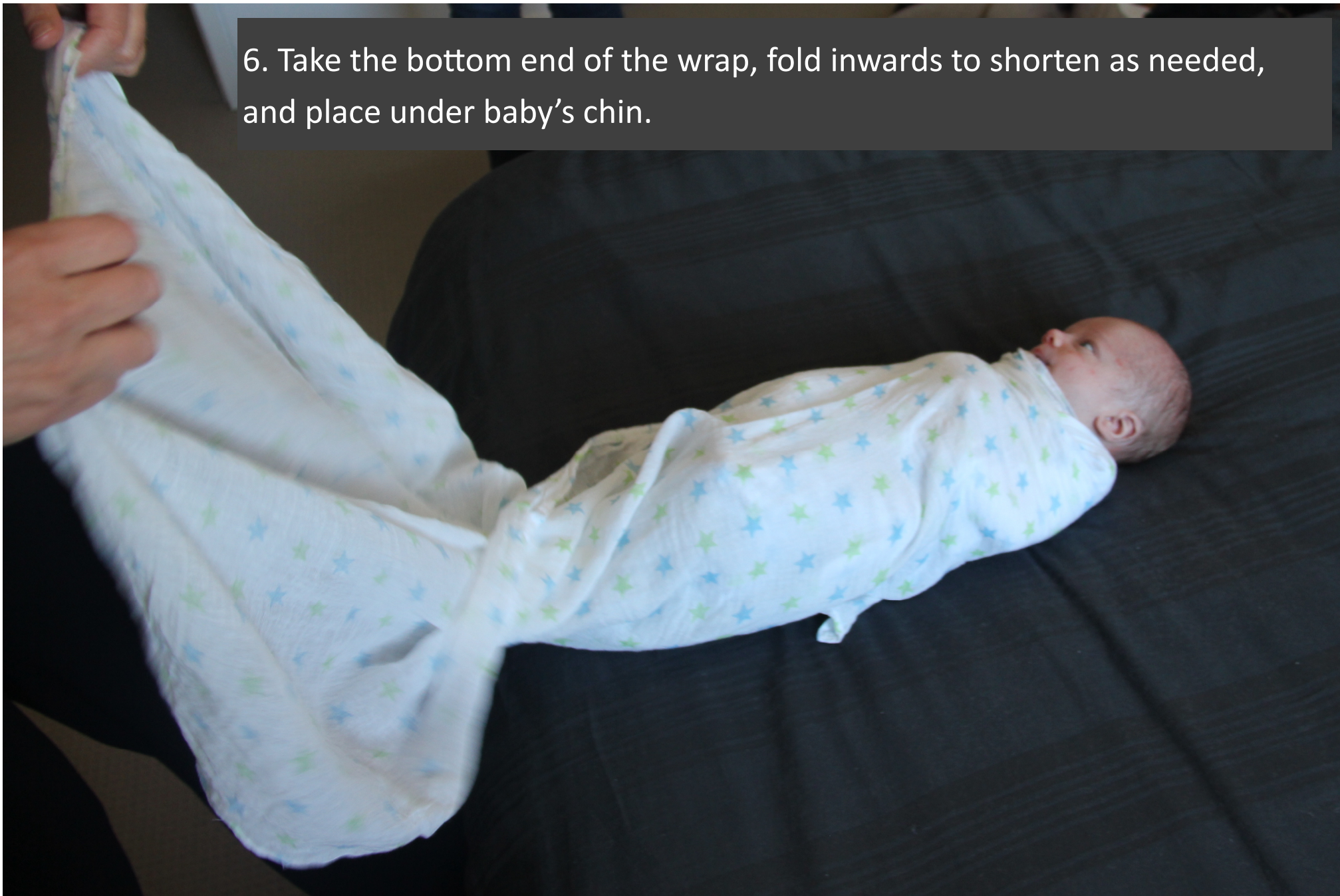


5. Secure the end of the wrap under baby's other shoulder.





6. Take the bottom end of the wrap, fold inwards to shorten as needed, and place under baby's chin.





7. Spread wrap firmly across baby from shoulder to shoulder.





8. Secure both ends of the wrap under baby one over the other for comfort.





Demonstrating how baby's hips can bend freely.





END RESULT

a) Loose around the hips ...





## END RESULT

- a. loose around the hips
- b. firm around the shoulders ...





## END RESULT

a. loose around the hips

b. firm around the shoulders

c. clear of the face.



*Thank you, Baby Alex.*