

Module 2 - Risk Factors for SUDI - Unit 2: Sleep baby on the back from birth, not on the tummy or side

Benefits of infant wrapping



There are various benefits related to infant wrapping, which are important to know, and to communicate to parents/carers. These are listed below.

Infant wrapping:

- calms the infant (Lipton, Steinschneider and Richmond 1965; van Sleuwen et al. 2003)
- reduces the 'startle' reflex (Gerard, Harris and Thach 2002b; van Sleuwen et al. 2007)
- reduces crying (Giacoman 1971; van Sleuwen et al. 2006)
- reduces pain elicited distress (Campos 1989; van Sleuwen et al. 2007)
- assists premature infant neuromuscular development (Short et al. 1996; van Sleuwen et al. 2007)
- assists self-regulation (Neu Brown 2002, van Sleuwen et al 2007)
- improves sleep quality (Franco et al. 2005; Gerard, Harris and Thach 2002b; van Sleuwen et al. 2007)
- regulates temperature (ensure head uncovered) (van Sleuwen et al. 2007)
- supports supine sleeping position (Gerard, Harris and Thach 2002a, 2002b; van Sleuwen et al. 2007)
- reduces risk of sudden infant death if baby is supine (van Sleuwen et al. 2003; Wilson et al. 1994).