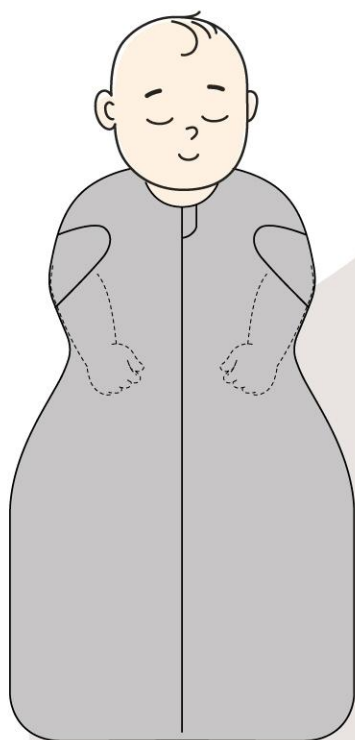


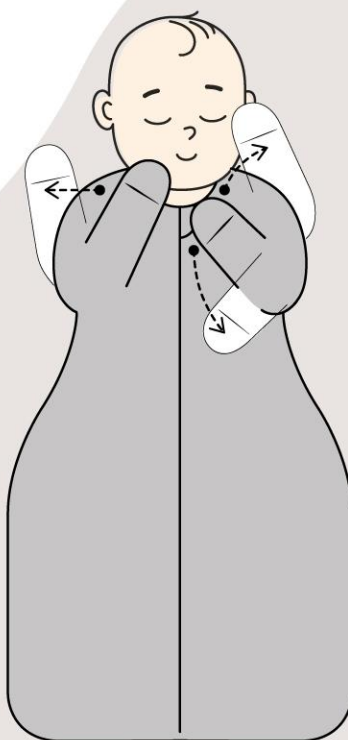
FX (Fetal Flex) Swaddle 3-IN-1 Arm Positions

BUILT-IN 3-IN-1 ARM POSITIONS

The FX (Fetal Flex) swaddle comes with built-in 3-IN-1 arm positions (Arms-In, Arms-Free/Fetal Flex, and Hands-Out) designed to support your baby's changing needs, preferences, and developmental stages.



ARMS-IN



ARMS-FREE
(FETAL FLEX)



HANDS-OUT

ARMS-FREE (FETAL FLEX)



The Arms-Free (Fetal Flex) position mimics the natural arm movement and positioning of the womb, while also suppressing your baby's startle reflex.

In this position, your baby's hands rest close to their face in the Fetal Flex pose but the baby is able to move them laterally and vertically, promoting natural self-soothing and improving your baby's sleep. The snug fit around your baby's upper body calms the startle reflex and gives your baby a sense of security. Together, these features create an optimal sleep environment for your baby, ensuring a better sleep experience overall.

Additionally, this arm position helps your baby gain control of their own arm movements, aiding their development and making the transition out of the swaddle easier and smoother as they grow.

This arm position is recommended for newborn and younger babies.

HANDS-OUT



The Hands-Out position is particularly suitable for babies with a milder startle reflex or those who prefer their hands uncovered. Additionally, it can serve as a gradual progression after the Arms-Free position in getting your baby used to increased arm movement, facilitating a smoother transition out of swaddling as your baby grows.

The Hands-Out position is similar to the Arms-Free (Fetal Flex) position, but with a key difference: your baby's hands are uncovered, while their forearms remain contained in the swaddle sleeves. This allows your baby to have skin-to-skin access to their hands and fingers, promoting sensory exploration. Compared to other arm positions, this position provides the most freedom of arm movement while still maintaining a secure swaddled feeling and reducing mild levels of startle reflex.

ARMS-IN



The Arms-In position mimics the traditional swaddling technique and provides a more restrictive swaddling of your baby's arms, helping to keep them close to the body and creating a snug and secure feeling. This can be particularly helpful for babies who startle easily.

Instructions

Arms-In method A

To swaddle a baby in the arms-in position with the FX swaddle, first, place their arms straight by the sides of their body inside the swaddle, and then zip up the swaddle.

Some babies may be able to wiggle their arms out of the arms-in position and into the sleeves, particularly if the swaddle is not snug enough. If this occurs, try one of the following methods B or C instead.

Arms-In method B



Step 1 - Turn the sleeves inside-out and lay them flat across the upper-back of the swaddle.

Step 2 - Place the baby inside the swaddle with their arms straight by their sides.

Step 3 - Zip up the swaddle, making sure the sleeves stay pressed against the baby's upper-back.

Step 4 - Adjust the swaddle as necessary by pulling down on the sides.

Arms-In method C



Step 1 - Turn the sleeves inside-out and lay them flat across the upper-back of the swaddle.

Step 2 - Tie both sleeves securely at the base with a thin elastic hair tie.

Step 3 - Place the baby inside the swaddle with their arms straight by their sides.

Step 4 - Ensure the tied sleeves are positioned on top of the arms, and then Zip up the swaddle.

Step 5 - Adjust the swaddle as necessary by pulling down on the sides.

If the swaddle rides up

If you find that the swaddle keeps riding up, you can tie the excess leg length with an elastic hair tie as shown below.

