

## Love to Dream FAQ

**Q:** How many swaddles do you recommend buying?

**A:** At least two in the appropriate size, so one can be in the wash while the other is being worn.

**Q:** The Love To Swaddle UP looks so small, how can my baby fit into it?

**A:** The various sized Love To Swaddle UP's are especially designed to fit most babies from 3.0 to 11 kilos. The wrap stretches to almost double its size when stretched which helps reduce the risk of wrapping babies too tight. Just make sure you buy the correct size Love To Swaddle UP, according to your baby's weight. It is dangerous to buy the incorrect size for your infant. The engineered stretch ingeniously expands and contracts to fit your baby. Furthermore, the stretch gives your baby 360 degrees of movement, encouraging good circulation while wrapped. PLEASE NOTE for swaddling to be effective it must be quite snug. As your baby gets bigger the swaddle will get snugger. Remember snug and firm is good. Too tight is bad! If your baby has had any health issues or hip problems, please seek medical advice prior to using this product. Please view the love to dream [Sleep Safe](#) page for guidelines on how to properly use the Love To Swaddle UP [www.lovetodream.com.au/safe-sleep-baby](http://www.lovetodream.com.au/safe-sleep-baby)

**Q:** Can I get the bigger size Love To Swaddle UP for my newborn and let her grow into it?

**A:** No. You must buy the correct size for the weight of your baby. If you buy a wrap that is too big you risk the swaddle not being tight enough, therefore being ineffective and potentially dangerous.

### DRESSING BABY?

**Q:** How to I use it?

**SWADDLE** your baby in three easy steps

**A**

Place your baby's legs into unzipped swaddle



**B**

Place your baby's hands into corners of wings



**C**

Zip up to the top... off to sleep you go!



**Q:** How should I dress my baby under the Love To Swaddle UP?

A: Overheating has been linked to SIDS. Love To Swaddle UP has been designed so that the baby is covered with only one layer, unlike other wraps where you end up wrapping and wrapping folds of fabric around your baby.

The general rule of thumb is dress your baby how you would dress yourself plus one layer, you can count the Love To Swaddle UP as that one layer.

- In warm weather, just a singlet and nappy beneath the Love To Swaddle UP.
- In cool weather, dress baby in a lightweight jumpsuit and singlet beneath the wrap.

Please be sensible and make sure your baby is warm enough without overheating them.

CLOTHING/ TEMPERATURE GUIDE				
°F	SUMMERTIME	TRANSEASONAL	WINTERTIME	°C
°F	LITE	ORIGINAL / 50/50	WINTER	°C
82	DIAPER ONLY			28
77	SHORT SLEEVE 1 PIECE*	DIAPER ONLY		25
70	LONG SLEEVE 1 PIECE*	SHORT SLEEVE 1 PIECE*		21
68		LONG SLEEVE 1 PIECE*	SHORT SLEEVE 1 PIECE*	20
64		LONG SLEEVE 1 PIECE* + PYJAMAS	SHORT SLEEVE 1 PIECE*	18
62		LONG SLEEVE 1 PIECE* + PYJAMAS + BLANKET	LONG SLEEVE 1 PIECE*	17
60			LONG SLEEVE 1 PIECE* + PYJAMAS	16

**Q: Is it safe to use a blanket over the Love To Swaddle UP?**

A: Yes it is providing baby is placed at the bottom of the cot. Tuck a top sheet over them, tucking it in snugly under the mattress. Placing them at the bottom of the cot helps prevent baby riding down and covering their head under the sheet and helps prevent the blankets from unraveling.

**Q: Is it safe to put a sleeping bag over the Love To Swaddle UP?**

A: We cannot recommend the use of other brands with our products, as we do not test for potential danger of other products.

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*This information is not medical or allied health professional advice. Further, no cure or treatment for disease is offered on this website.*

*We recommend you seek professional advice for your and your child's individual needs.*