

Fact Sheet

How to make Baby Wraps for the Neonatal Intensive Care Unit [NICU]

womensnewbornhealth.com.au

Baby wraps are used every day in Westmead Hospital NICU to help babies feel snug, calm, and secure. Most of these wraps have been made by generous members of the public. By making these wraps, you are helping our NICU newborns and their parents.



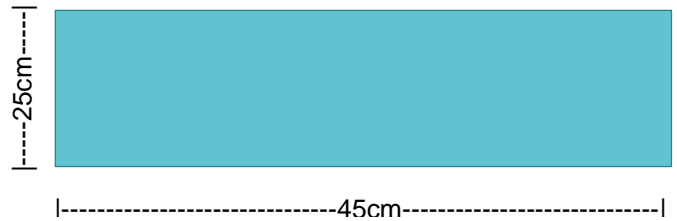
We use two different sized wraps for babies in our NICU. The larger wraps keep babies snug while sleeping. The smaller rectangular wraps will be used to wrap the top half of the baby to help them feel secure during nappy changes.

Here are the details about making the wraps:

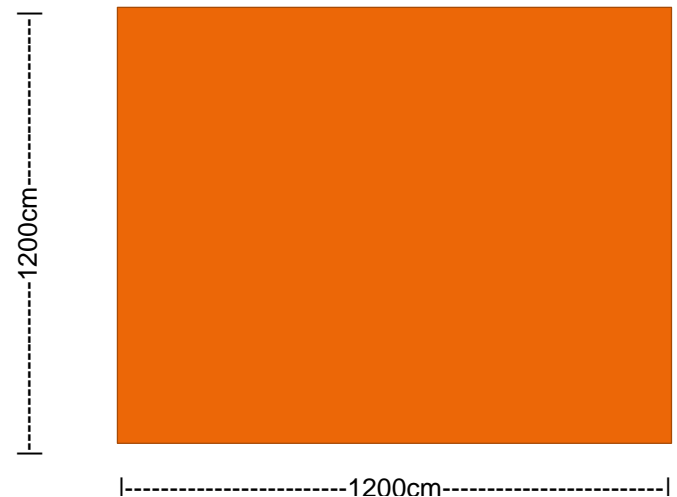
- Large wraps need to be a minimum of 100cm x 100cm but our preferred size is 120cm x 120cm when finished.
- Wraps can be made from a single piece of soft muslin.
- The fabric does not need to be pre-washed.
- Wraps do not need to be lined with any material or overlocked.
- No fancy sewing is needed, just a simple and clean hem measuring ¼ inch to ½ inch all around is required.
- Corners can be rounded or square

Your help in making and donating these wraps for Westmead NICU babies is greatly appreciated.

Small Wrap



Large Wrap



Please send or deliver, all wraps to:

Neonatal Intensive Care Unit
Level 3 Westmead Hospital
Darcy and Hawkesbury Roads, Westmead

We welcome further feedback on this brochure as a way of continually improving our service.

Please send your feedback to:

WSLHD-Get_Involved@health.nsw.gov.au