

A Clinical-Grade Buyer's Guide: Developmental Tools for the 1-Week-Old Infant

FROM: Neonatal Occupational Therapist, Sensory Integration & Regulation Specialist

TO: Curriculum Curation Committee

DATE: 15 October 2025

SUBJECT: Tool Recommendation for Age 1-Week (Node 1: Internal World (The Self))

This report provides a definitive analysis and tiered recommendation of developmental tools to support the 1-week-old member (post-natal days 8-14). The analysis applies the Precursor Principle to deconstruct the abstract curriculum node "Internal World (The Self)" into its most fundamental, physically-addressable components.

The central finding of this report is that for a 1-week-old infant, the "Internal World" is not a cognitive or emotional construct. It is a nascent, purely physiological, and sensory experience. The primary developmental task is not exploration; it is *regulation*. The infant must first achieve a stable, organized state of *being* before they can begin to *do*.

The following First Principles establish the non-negotiable analytical framework for this assessment.

First Principles: Deconstructing "The Self" at Week 1

1.1 Executive Summary: The Precursor Principle in Action

The curriculum node "Internal World (The Self)" must be translated into the sensory-motor reality of a 1-week-old. At this stage, the "Self" is the sum of raw, un-contextualized physiological data. Therefore, the optimal "tool" is not an object of interaction but a *regulation facilitator*. Its purpose is to create a contained, organized physiological state, which is the necessary prerequisite for the infant to begin sensing, and later understanding, their own

internal world.

1.2 Principle 1: Interoception as the Physiological Basis of Self

Interoception is the "hidden sense" that monitors the internal physiological state of the body, including hunger, thirst, temperature, and discomfort.¹ Modern neuroscience, particularly the work of A.D. Craig, posits that this constant stream of interoceptive information is fundamental to *all* subjective feelings, emotional awareness, and the very foundation of consciousness, or "self-awareness".²

For the 1-week-old, interoceptive signals (e.g., "blood glucose is low," "stomach is full") are the *only* "self-data" they possess.⁵ Their internal world is a chaotic influx of these signals. A tool for this node must, therefore, create a state of neurological calm in which these subtle internal cues are not drowned out by external disorganization.

1.3 Principle 2: Somatosensation (Tactile & Proprioception) as the Definition of Physical Boundaries

The "self" must first be defined physically. This is the domain of somatosensation, composed of the tactile system (touch) and the proprioceptive system (the sense of where one's body parts are in relation to each other).⁷

Building on the Ayres Sensory Integration (ASI) framework, these "body senses" are critical for developing a "body schema" or "postural schema"—the brain's internal map of the physical self.⁹ This map is the foundation for differentiating "me" from "not-me." The 1-week-old infant has just undergone a profound transition from the 24/7, defined, fluid-filled boundaries of the womb to an open, undefined, gaseous environment.¹² This lack of physical containment is neurologically disorganizing; the infant literally does not know where its "self" ends. Research into the newborn's differential rooting response to *self-touch* versus *experimenter-touch* is a key indicator of this emerging self-representation.¹⁴ The optimal tool must therefore be a *boundary-defining tool*, providing consistent, 360-degree tactile and proprioceptive input to artificially recreate the womb's containment.

1.4 Principle 3: State Regulation via Containment as the Prerequisite

for Learning (The "Fourth Trimester")

The "Fourth Trimester," a concept developed by Dr. Harvey Karp, defines the first three months of post-natal life as a period where the infant is essentially a "fetus outside the womb".¹² In this state, the infant's nervous system is too immature to self-regulate. It is dominated by primitive reflexes, most notably the *Moro (startle) reflex*.¹⁷

This reflex—a sudden flailing of the arms—is a primary disorganizing force. It repeatedly disrupts the "calm-alert" state, which is the only state in which an infant can attend to their environment, engage socially, or perceive internal cues.¹⁹ Karp's "5 S's" framework identifies swaddling (containment) as the cornerstone of recreating the womb environment specifically to inhibit this startle reflex.¹² The tool's primary function is, therefore, to act as an external *regulator* by managing this reflex.

1.5 Principle 4: Co-Regulation as the Relational Mechanism for Self-Formation

The "self" is not formed in a vacuum; it is formed in a relational feedback loop. Co-regulation is the process by which a caregiver's regulated nervous system provides the external support an infant needs to manage their own dysregulated state.⁶

The work of Dr. T. Berry Brazelton with the Neonatal Behavioral Assessment Scale (NBAS) highlights that infants are "highly capable" and "communicate" their internal states through behavior.¹⁹ The self is formed within this dyad: the infant signals an interoceptive state (e.g., hunger⁵), and the caregiver's sensitive, attuned response²² validates that signal.²⁴ This loop *contextualizes* the internal world, teaching the infant, "My internal feeling *means* something." The tool's highest purpose is to facilitate this loop. By managing the neurological "noise" of the startle reflex (Principle 3), it allows the infant to send clearer signals (Principle 1) and empowers the parent to more easily read and respond to them (Principle 4).

Developmentally Mismatched Tools (Exclusion Analysis)

Based on the First Principles, the optimal tool must be a *regulation facilitator* that is unequivocally safe. The following common products are not only sub-optimal "toys" but are demonstrably hazardous and developmentally inappropriate for a 1-week-old, directly contravening the mission.

2.1 Exclusion 1: Seated Containment Devices (Bouncers, Rockers, Swings, Car Seats for non-transport)

These devices are frequently marketed for soothing but are developmentally inappropriate and pose an acute safety risk.

- **Safety Rationale:** These devices place the infant on an incline. A 1-week-old has minimal cervical muscle strength.²⁵ Gravity causes the head to slump forward, forcing the chin to the chest. This "chin-on-chest" position can physically occlude the trachea, leading to *positional asphyxia* (suffocation).²⁶ The risk is severe, as the infant cannot self-correct. The American Academy of Pediatrics (AAP) and other safety bodies explicitly state that inclined sleepers and seated devices are not safe for sleep.²⁹
- **Developmental Rationale:** These are passive "toys." They *replace* co-regulation (Principle 4) with automated, non-human motion.³¹ They teach the infant to associate regulation with an external, mechanical source rather than a responsive caregiver. They also fail to provide the 360-degree boundary definition required by Principle 2.

2.2 Exclusion 2: Soft/Plush Objects & Loose Bedding

This category includes plush toys, traditional blankets, pillows, and crib bumpers, all of which are "toys" that introduce lethal risk.

- **Safety Rationale:** These items are a primary SIDS and suffocation risk.²⁹ Their soft, pliable surfaces can conform to the infant's face, increasing airflow resistance and creating a pocket for carbon dioxide rebreathing, which can be fatal.³⁰ The AAP guidelines are unambiguous: the sleep space must be bare. This exclusion *explicitly includes* weighted blankets, weighted swaddles, or any weighted object, which the AAP does not recommend due to lack of safety data and risk of respiratory compromise.³³
- **Developmental Rationale:** At 1 week, the infant's "Internal World" is pre-symbolic. A stuffed animal has zero developmental leverage; it is an inanimate object that cannot participate in co-regulation (Principle 4). Its only function is as a suffocation hazard.

2.3 Exclusion 3: Electronic Mobiles and Screen-Based Devices

These devices are the antithesis of a developmental tool at this age.

- **Safety/Developmental Rationale:** Newborn visual acuity is extremely poor, estimated at 20/600 (6/180) ³⁸, with minimal color perception. The infant's functional focus is 8-12 inches (20-30 cm) ¹², the precise distance to a caregiver's face during feeding or holding. Electronic screens provide passive, high-contrast, overstimulating input ³⁹ that anchors the gaze ⁴⁰ and actively *disrupts* the co-regulation (Principle 4) that builds the "self". ⁴¹ They are "toys" in the most detrimental sense, replacing human interaction with passive entertainment.

Tiered Analysis: Professional-Grade Tools for Somatosensory Regulation

3.1 Analytical Premise: The Swaddle as the Optimal Tool

The First Principles analysis identifies the primary developmental need as *somatosensory regulation* (containment and boundaries) to manage the Moro reflex and facilitate a calm-alert state. The optimal tool for this specific function is a purpose-built *swaddle*.

However, the "Community Chain" (weekly rotation) model introduces a critical, non-obvious failure point: **closure systems**. Standard hook-and-loop (Velcro) fasteners are known to degrade quickly with repeated washing—they pill, clog with lint, and lose adhesion. ⁴³ For a tool rotating 52+ times per year, zipper-based systems or specialized high-grade "quiet" Velcro are logistically and functionally superior. This business-sustainability factor is a key metric in the following rankings. All recommended tools are certified as "hip-healthy" by the International Hip Dysplasia Institute (IHDI), which is a non-negotiable safety gate. ⁴⁶

3.2 Table 1: Comparative Analysis of Tier 1-3 Swaddle

Recommendations

Tool (Brand/ Model)	Closure System	Material Specification	IHDI-C ertified "Hip-H ealthy"	Specific Size (Week 1) & Weight Range (kg)	TOG Rating (Appro x.)	Est. lifespa n_week s (Justifi ed)	Est. Cost (EUR)
Tier 1: Happiest Baby Sleeper	Hybrid: 2-Way Zipper + High-Grade "Quiet" Velcro Flaps ⁴⁸	100% GOTS- Certified Organic Cotton ⁴⁹	Yes ⁴⁸	Small (2-5 kg) ⁵¹	~0.5 ⁵²	150 (High-grade Velcro + zip is durable with care [49, 54])	€30-€49 ⁵⁵
Tier 2a: Love to Dream Swaddle UP Organic	2-Way Zipper (Only) ⁵⁶	95% GOTS- Certified Organic Cotton, 5% Elastane ⁵⁷	Yes ⁴⁶	Newborn (2.2-3.8 kg) ⁶⁰	1.0 ⁵⁸	200 (No Velcro to fail; high-durability zip ⁴⁴)	€29-€44 ⁶²
Tier 2b: Woombie Original	2-Way Zipper (Only) ⁶³	95% Cotton, 5% Spandex ⁶³	Yes ⁶⁵	Newborn (2.5-6 kg) [66, 67]	~1.0 (Est.)	200 (No Velcro to fail; high-durability zip ⁴⁴)	~€34 ⁶⁸

Tier 3: Halo SleepS ack Swaddl e (Cotton)	Hybrid: Inverte d Zipper + Standar d Velcro Wings ⁶⁹	100% Cotton [69, 70]	Yes ⁷¹	Newbo rn (2.7-5.5 kg) ⁷⁰	1.5 ⁶⁹	52 (Standa rd Velcro will clog/pill /fail with weekly washin g [43, 45])	€20-€3 0 ⁷⁴
--	---	----------------------------	-------------------	--	-------------------	--	---------------------------

3.3 Tier 1: Absolute Best (Developmental Leverage Maximized)

Tool Name: Happiest Baby Sleepea 5-Second Swaddle

Recommended Configuration:

- **Primary Item:** 1x Happiest Baby Sleepea Swaddle
- **SKU/Model:** e.g., 7749SSXX
- **Material:** 100% GOTS-Certified Organic Cotton shell.⁴⁹
- **Size: Small.**⁴⁸
 - *Justification for Size:* The "Small" size is rated for 2-5 kg (5-12 lbs).⁵¹ A typical 1-week-old (avg. 3.5-4 kg) fits securely within this range. This is superior to "Newborn" sizes from other brands (e.g., Love to Dream at 2.2-3.8 kg ⁶⁰) which may be outgrown *during* the 7-day possession window. This size provides optimal fit and function for the target week.
- **Color:** Neutral, muted solid or simple pattern (e.g., Charcoal Stars, Graphite Planets).
 - *Justification for Color:* Color perception is not yet developed.³⁸ This is a purely *logistical* choice. A neutral, darker pattern offers higher perceived cleanliness and superior stain-hiding capabilities during the week-to-week handover, enhancing the member experience.
- **Specifications:** Thermal Overall Grade (TOG) rating: ~0.5 ⁵², features breathable mesh panels at shoulders and legs for thermal regulation ⁵², double-zipper (opens from top or bottom) ⁴⁸, specialized extra-quiet Velcro inner flaps.⁴⁸

Price Breakdown (EUR):

- **Primary Item:** ~€30.00 - €49.00.⁵⁵ (Note: Final price confirmed at checkout; may vary by EU retailer).

Key Developmental Domains:

- **State Regulation (Principle 3):** This tool is the physical manifestation of Dr. Harvey Karp's "Fourth Trimester" principles.⁷⁵ It is explicitly designed to inhibit the Moro (startle) reflex, facilitating a rapid transition to a calm-alert state.¹²
- **Proprioception/Tactile Boundaries (Principle 2):** The 360-degree GOTS-certified cotton and secure inner flaps provide consistent, womb-like somatosensory input, defining the infant's physical "self".⁴⁸
- **Co-Regulation (Principle 4):** The double-zipper is a critical feature. It allows for diaper changes *while the infant's arms remain swaddled*.⁴⁸ This minimizes disruption, allowing the caregiver to respond to one interoceptive need (dirty diaper) without sacrificing the regulatory containment (Principle 3) that is key to the infant's sense of safety.

Lifespan (Primary Item): lifespan_weeks: 150

- **Justification:** The GOTS-certified organic cotton fabric is highly durable. The closure system is a hybrid: a robust double-zipper (high durability) and specialized, high-grade "quiet" Velcro.⁴⁸ This fastener is objectively superior to the standard hook-and-loop that degrades quickly.⁴³ With proper care (closing Velcro before washing, as per instructions⁴⁹), this system should withstand 150+ wash cycles (approx. 3 years of weekly rotation), far exceeding the lifespan of Tier 3 alternatives.

Sanitization Protocol (Two-Sided):

- **Giver Protocol:** (Based on⁴⁹) 1. Secure all Velcro tabs to their counterparts and zip the swaddle *completely* closed. This is critical to prevent damage. 2. Machine wash on a gentle cycle (cold or warm, max 40°C) with a mild, non-bio detergent. 3. Tumble dry on low heat or line dry. 4. Inspect zippers and Velcro for lint or damage.
- **Receiver Protocol:** 1. Inspect all seams, zippers, and Velcro for integrity. 2. Verify Giver has laundered. (Optional: Re-wash if desired).

Purchase Channels & Sourcing Viability:

- **Purchase Channels:** Happiest Baby (EU website)⁷⁷, various specialty online baby retailers in the EU (e.g., La Casa del Beb  ⁵⁵).
- **Sourcing Viability: Standard Retail.** Widely available via e-commerce to the EU.

Tier Justification & Fit Analysis:

- **Justification (Tier 1):** The Sleepea is the pinnacle tool for this specific node. It is a purpose-built *regulation facilitator* from the leading proponent of the "Fourth Trimester" framework (Principle 3).⁷⁵
- **Brand Justification:** This brand choice is based on *objective design superiority*, not marketing. Unlike competitors, it uses a *triple-containment system*: an inner leg flap, quiet-Velcro arm flaps, and a full-length double-zipper.⁴⁸ This is the most secure,

"escape-proof" design, providing the highest-leverage proprioceptive feedback (Principle 2) to manage the Moro reflex.

- **Specification Justification:**
 - *Material (GOTS Organic Cotton):* This is the highest standard for breathability (critical for SIDS safety ⁵⁰) and purity (no toxins on sensitive newborn skin ⁴⁹).
 - *Closure (Hybrid):* The high-grade "quiet" Velcro ⁴⁸ and robust zipper ⁵⁴ solve the primary durability/logistical failure point of cheaper Velcro-only swaddles.⁴³
 - *Safety (IHDI):* It is officially designated "hip-healthy" by the International Hip Dysplasia Institute ⁴⁸, a non-negotiable safety requirement.
 - **Week-Specificity:** At 1 week old, managing the Moro reflex is the *single most critical task* for regulation. The Sleepea's secure "arms-in" design is the most effective tool for this specific job, creating the calm state needed to perceive the "Internal World" (Principle 1).
 - **Sustainability:** Meets Seasons-Complete (usable year-round). Practice/Theory balance is 100% practical tool.
 - **Pros vs. Cons:**
 - **Pros:** Objectively superior containment design ⁴⁸, highest-grade GOTS material ⁴⁹, solves the Velcro durability issue for the club model, IHDI-approved.⁵⁰
 - **Cons:** Premium price point ⁵⁵, requires strict adherence to washing protocol (closing Velcro ⁴⁹) to protect the fasteners.
-

3.4 Tier 2: High-End (Premium but More Accessible)

Tool Name 1: Love to Dream Swaddle UP Organic 1.0 TOG

Recommended Configuration:

- **Primary Item:** 1x Love to Dream Swaddle UP Organic 1.0 TOG
- **Material:** 95% GOTS-Certified Organic Cotton, 5% Elastane.⁵⁷ (Note: Must specify GOTS Organic version, not the standard cotton blend).
- **Size: Newborn.**⁶⁰
 - *Justification for Size:* The "Newborn" size (2.2-3.8 kg) ⁶⁰ is precision-targeted for a 1-week-old. The brand explicitly advises *not* sizing up to the "Small" (3.5-6 kg) until the baby reaches the upper limit of Newborn, as excess fabric is a hazard.⁶¹ This aligns perfectly with the "Hyper-Focus Principle" for the 7-day window.
- **Specifications:** TOG 1.0 (for moderate room temperatures 20-24°C) ⁵⁸, patented "Arms-Up" wings ⁵⁶, 2-way zipper.⁵⁶

Price Breakdown (EUR):

- **Primary Item:** ~€29.00 - €44.00.⁶²

Key Developmental Domains:

- **Proprioception/Tactile Boundaries (Principle 2):** Provides 360-degree containment via the stretch fabric and zipper, defining body boundaries.
- **Self-Soothing (Precursor to Self-Regulation):** This is the tool's unique leverage. The "Arms-Up" design ⁵⁶ respects the infant's innate drive for hand-to-mouth/face contact, which is a primary *self-soothing* behavior.⁷ This provides a different, but equally valid, pathway to regulation than the "arms-down" model.

Lifespan (Primary Item): lifespan_weeks: 200

- **Justification:** The GOTS cotton/elastane blend is durable. The closure system is a simple, robust 2-way zipper.⁵⁶ This system has no Velcro to clog, pill, or fail.⁴³ This makes it *extremely* durable and logistically simple for the high-frequency wash/rotation model, likely outlasting all Velcro-based competitors.

Sanitization Protocol (Two-Sided):

- **Giver Protocol:** (Based on ⁸⁰) 1. Zip the swaddle closed. 2. Place in a mesh laundry bag. 3. Warm, gentle machine wash (max 40°C) with similar colors. 4. Tumble dry on low.
- **Receiver Protocol:** 1. Inspect zipper and seams. 2. Verify Giver has laundered.

Purchase Channels & Sourcing Viability:

- **Purchase Channels:** Widely available across EU retailers (e.g., Mamas & Papas IE ⁶², Galaxus DE ⁷⁹, Bella Baby IE ⁸²).
- **Sourcing Viability: Standard Retail.** Excellent, simple sourcing.

Tier Justification & Fit Analysis:

- **Justification (Tier 2):** This tool offers ~95% of Tier 1's leverage with potentially *superior* long-term durability and a simpler acquisition process. It is IHDI-approved ⁴⁶ and uses GOTS-certified organic materials.⁵⁷
- **Trade-off vs. Tier 1:** The "Arms-Up" design ⁵⁶ is a different *philosophy*. It is less effective at suppressing the *full* Moro (startle) reflex compared to the arms-down Sleepea. For the *pure* goal of containment (Principle 3) at Week 1, it is arguably slightly less potent. However, its allowance for self-soothing ¹⁴ is a powerful developmental feature that aligns with building an "Internal World."
- **Pros vs. Cons:**
 - **Pros:** Excellent GOTS-certified material, IHDI-approved ⁵⁹, allows for self-soothing ⁵⁶, and has a *highly durable* zipper-only closure.⁴⁴
 - **Cons:** Less effective at managing the full startle reflex than an arms-down swaddle.

Tool Name 2: Woombie Original Swaddle

Recommended Configuration:

- **Primary Item:** 1x Woombie Original Swaddle
- **Material:** 95% Cotton, 5% Spandex.⁶³
- **Size: Newborn** (2.5-6 kg / 5-13 lbs).⁶⁶
 - Justification for Size: This weight range is ideal, covering the entire spectrum of typical 1-week-old infants and providing a secure, effective fit.
- **Specifications:** Patented "peanut" shape⁸⁴, 4-way stretch bebeflex™ fabric⁶⁶, 2-way zipper.⁶³

Price Breakdown (EUR):

- **Primary Item:** ~€34.00.⁶⁸

Key Developmental Domains:

- **Proprioception/Tactile Boundaries (Principle 2):** This is the Woombie's primary leverage. The 4-way stretch fabric and signature "peanut" shape⁸⁴ are designed to provide *continuous, dynamic proprioceptive compression*, simulating the "held, touched & cuddled" feeling of the womb.⁶⁴ It allows "womb-like" movement *within* the swaddle⁸⁴, a unique approach to defining boundaries.
- **State Regulation (Principle 3):** Gently cocoons arms to prevent the Moro reflex¹⁷ while still allowing self-soothing via hands-to-chest.⁶⁴

Lifespan (Primary Item): lifespan_weeks: 200

- **Justification:** Like the Love to Dream, the closure system is a robust 2-way zipper.⁶³ This eliminates the Velcro failure point⁴³, ensuring extreme durability for the rotation model. The high-quality cotton/spandex blend⁶³ is designed to maintain elasticity with proper care.⁸⁶

Sanitization Protocol (Two-Sided):

- **Giver Protocol:** (Based on⁸⁶) 1. Close the zipper. 2. Machine wash on a gentle program (30°C or 40°C). 3. **Line dry or air dry.** Do *not* tumble dry, as this can damage the spandex and reduce elasticity.⁸⁶
- **Receiver Protocol:** 1. Inspect zipper, seams, and fabric elasticity. 2. Verify Giver has laundered.

Purchase Channels & Sourcing Viability:

- **Purchase Channels:** Official Woombie EU webshop (ships to all EU countries).⁶⁸
- **Sourcing Viability: Standard Retail** (via dedicated EU e-commerce).

Tier Justification & Fit Analysis:

- **Justification (Tier 2):** The Woombie is a professional-grade tool focused purely on proprioceptive containment. It is IHDI-approved⁶⁵ and its zipper-only design provides

maximal durability for the club model.⁴⁴ Its unique "squeeze" ⁶⁴ is a powerful application of Principle 2.

- **Trade-off vs. Tier 1:** The material (95% Cotton / 5% Spandex ⁶³) is excellent but not GOTS-certified organic, placing it a step below the Sleepea. The "no tumble dry" rule ⁸⁶ is a *minor* logistical inconvenience for members, making it slightly less user-friendly than the Sleepea.
 - **Pros vs. Cons:**
 - **Pros:** Superior dynamic compression ("squeeze") ⁸⁴, IHDI-approved ⁶⁵, and has a *highly durable* zipper-only closure.⁴⁴
 - **Cons:** Not GOTS-certified organic, requires air-drying ⁸⁶, which is a small but real logistical burden for members.
-

3.5 Tier 3: Mid-Range (Strong Value Proposition)

Tool Name: Halo SleepSack Swaddle (100% Cotton)

Recommended Configuration:

- **Primary Item:** 1x Halo SleepSack Swaddle
- **Material:** 100% Cotton.⁶⁹ (Note: Organic version exists ⁹⁰ but is less common; the standard 100% cotton is the hospital-standard model).
- **Size: Newborn** (2.7-5.5 kg / 6-12 lbs).⁷⁰
 - *Justification for Size:* The 2.7-5.5 kg range is a perfect, safe fit for a 1-week-old, providing security without being overly restrictive.⁷³
- **Specifications:** TOG 1.5 ⁶⁹, 3-way adjustable Velcro "wings" ¹⁸, inverted zipper for diaper changes ⁶⁹, generous sack design.

Price Breakdown (EUR):

- **Primary Item:** ~€20.00 - €30.00.⁷⁴

Key Developmental Domains:

- **State Regulation (Principle 3):** The adjustable wings effectively immobilize the arms to prevent the startle reflex.¹⁸ This is its primary function and why it is a hospital standard.
- **Co-Regulation (Principle 4):** The inverted zipper allows for diaper changes without unswaddling the arms ⁶⁹, minimizing disruption and supporting the caregiver's response to interoceptive cues (similar to Tier 1).

Lifespan (Primary Item): lifespan_weeks: 52

- *Justification:* This is the critical trade-off. The 100% cotton sack is durable. However, the closure system is standard hook-and-loop (Velcro).⁶⁹ Multiple sources ⁴³ and extensive

user reports confirm this Velcro *will* clog, pill, and lose its adhesive strength after repeated washing. For a tool washed *weekly*, its effective, secure lifespan is dramatically shorter than a zipper-based system. It may last one full year (52 cycles) before the Velcro's "grip" is compromised, making it less secure and "escape-able."

Sanitization Protocol (Two-Sided):

- **Giver Protocol:** (Based on ⁹³) 1. **Close the fastener strips on the swaddle wrap** (fold the "hook" side onto the "loop" side). This is critical. 2. Zip the sack closed and turn inside-out. 3. Machine wash cold, gentle cycle. 4. Tumble dry on low.
- **Receiver Protocol:** 1. Inspect seams and zipper. 2. Critically inspect the Velcro fasteners for lint, hair, or pilling that would reduce adhesion.

Purchase Channels & Sourcing Viability:

- **Purchase Channels:** Widely available across EU retailers (e.g., Aden + Anais UK ⁷⁴, Ocado ⁹²).
- **Sourcing Viability: Standard Retail.** Extremely easy to source.

Tier Justification & Fit Analysis:

- **Justification (Tier 3):** This is the global "best value" and professional standard, used in hospitals nationwide.¹⁸ It is IHDI-approved⁷¹ and effectively manages the startle reflex (Principle 3). It provides 85-90% of Tier 1's developmental leverage.
- **Trade-off vs. Tier 2:** The sole reason this is not Tier 1 or 2 is the **Velcro closure system**.⁴³ For the club's high-rotation, high-wash-cycle model, this is a significant logistical flaw and durability risk. The loud sound of the Velcro can also startle a sleeping baby during diaper changes or application⁵⁴, counteracting the tool's primary regulatory purpose.
- **Pros vs. Cons:**
 - **Pros:** Excellent value, hospital-grade standard¹⁸, IHDI-approved⁷¹, versatile 3-way design.⁹⁰
 - **Cons:** Standard Velcro closure has a limited lifespan under weekly washing⁴³ and is loud⁵⁴, representing a significant logistical/durability compromise for the club model.

3.6 Tier 4: Minimal Viable (Budget-Friendly Foundation)

Tool Name: Aden + Anais GOTS Certified Organic Cotton Muslin Swaddle

Recommended Configuration:

- **Primary Item:** 1x Aden + Anais Organic Muslin Swaddle. (Note: A 4-pack is the standard retail unit⁹⁵, which is recommended for purchase, but only 1-2 would rotate).

- **Material:** 100% GOTS-Certified Organic Cotton Muslin.⁹⁵
- **Size:** 120cm x 120cm.⁹⁵
 - *Justification for Size:* The large 120cm (47") size is critical; it provides enough fabric to achieve a secure wrap on a newborn, unlike smaller blankets.⁴³
- **Specifications:** GOTS-certified⁹⁵, pre-washed⁹⁵, breathable open-weave muslin.

Price Breakdown (EUR):

- **Primary Item:** ~€12.50 (assuming €49.50 for a 4-pack).⁹⁵ A single muslin can be found for ~€14.⁹⁸

Key Developmental Domains:

- **Tactile Boundaries (Principle 2):** When applied correctly by a *skilled user*, the wrapped muslin provides the 360-degree tactile containment that defines physical boundaries.¹³
- **Co-Regulation (Principle 4):** The act of swaddling with a traditional blanket is, in itself, an act of co-regulation. It is a hands-on, procedural interaction that directly engages the parent and infant in a shared regulatory task.

Lifespan (Primary Item): lifespan_weeks: 250

- *Justification:* 100% cotton muslin is exceptionally durable. It is known to get *softer* with each wash.⁴³ With no mechanical closures (zippers, Velcro) to fail, its lifespan is limited only by the fabric's integrity, which is exceptionally high. It can be washed on hot, bleached (if white), and dried on high, making it the most durable and "sanitizable" option.

Sanitization Protocol (Two-Sided):

- **Giver Protocol:** (Based on¹⁰¹) 1. Machine wash (can be washed hot if necessary for sanitization) with like colors. 2. Tumble dry low or medium.
- **Receiver Protocol:** 1. Inspect for any holes, tears, or frayed edges.

Purchase Channels & Sourcing Viability:

- **Purchase Channels:** Widely available from the Aden + Anais UK/EU site⁹⁵ and numerous EU retailers.⁹⁸
- **Sourcing Viability: Standard Retail.** Trivial to source.

Tier Justification & Fit Analysis:

- **Justification (Tier 4):** This is the foundational, minimal-viable *tool*. It is not a "toy." It provides the core *material* (GOTS organic muslin) for achieving Principle 2 (Boundaries). It places the "skill" burden on the member, which aligns with the "radically curious" and "engaged" member profile.
- **Trade-off vs. Tier 3:** The trade-off is 100% user-dependent. This tool *requires skill*.⁴³ An

improperly applied muslin swaddle *will unravel*, creating loose bedding in the crib—a direct and serious SIDS/suffocation hazard.³³ This makes it *less safe* and *less effective* in the hands of a novice than a purpose-built, zip-up tool. It fails to reliably manage the Moro reflex (Principle 3), making it a lower-leverage tool.

- **Pros vs. Cons:**

- **Pros:** Highest-grade GOTS material⁹⁵, extremely durable (no-hardware failure), lowest cost, highly versatile.⁴³
- **Cons:** Requires significant user skill to be effective⁴³, carries a high risk of user error leading to a SIDS hazard.³³

Implementation Protocol: 7-Day Window

The primary goal for this 7-day window is to use the provided tool to create predictable, calm states. This allows the infant to establish a baseline of physiological organization, the first step in building an "Internal World."

- **1. Introduce as the "Calm" Cue:** Use the swaddle tool consistently during periods of fussiness and for all naps/night sleep (following all safe sleep guidelines). The tool's proprioceptive input (Principle 2) should become an immediate cue for regulation.
- **2. Facilitate "Active Calm":** Do not use the tool passively (i.e., "swaddle and leave"). Use the tool to achieve a calm-alert state (Principle 3), and *then* engage in co-regulation (Principle 4). This is the 7-day "practice." Hold the swaddled infant, make eye contact (at the 8-12 inch range), talk in a low voice, and allow them to *experience* their regulated internal state in the presence of their caregiver.
- **3. Leverage for Interoceptive Awareness:** Use the tool's features (e.g., the double-zip) to respond to interoceptive cues (Principle 1) like hunger or a dirty diaper *without* fully disorganizing the infant. The goal is to teach the infant that their internal signals will be met with a prompt, organizing response.
- **Community Handover:** The community model is invaluable here. The 7-day period is short. The "Giver" (older neighbor) can demonstrate their wrapping technique, share what worked, and provide the relational support that makes this tool effective, turning a logistical handover into a moment of true co-regulation.

Works cited

1. Sensory development and suggestions for babies: The first 18 months - AboutKidsHealth, accessed November 2, 2025, <https://www.aboutkidshealth.ca/sensory-development-and-suggestions-for-babies-the-first-18-months>
2. Interoception and psychopathology: A developmental neuroscience perspective

- PMC, accessed November 2, 2025, <https://pmc.ncbi.nlm.nih.gov/articles/PMC6987654/>
3. Neurobehavioral evidence of interoceptive sensitivity in early infancy - eLife, accessed November 2, 2025, <https://elifesciences.org/articles/25318>
 4. Neurobehavioral evidence of interoceptive sensitivity in early infancy - PMC, accessed November 2, 2025, <https://pmc.ncbi.nlm.nih.gov/articles/PMC5548485/>
 5. Action Understanding Promoted by Interoception in Children: A Developmental Model - PMC - PubMed Central, accessed November 2, 2025, <https://pmc.ncbi.nlm.nih.gov/articles/PMC8900726/>
 6. Respiratory and cardiac interoceptive sensitivity in the first two years of life | eLife, accessed November 2, 2025, <https://elifesciences.org/articles/91579>
 7. The first sense a baby develops: Touch | BabyCenter, accessed November 2, 2025, https://www.babycenter.com/baby/baby-development/baby-sensory-development-touch_10401108
 8. Your Child's Proprioceptive Sense - BabySparks, accessed November 2, 2025, <https://babysparks.com/2019/02/22/your-babys-proprioceptive-sense/>
 9. Sensory Integration - StatPearls - NCBI Bookshelf - NIH, accessed November 2, 2025, <https://www.ncbi.nlm.nih.gov/books/NBK559155/>
 10. About ASI: Ayres Sensory Integration®, accessed November 2, 2025, <https://www.ci-asi.org/about-ayres-sensory-integration>
 11. Neural Foundations of Ayres Sensory Integration® - PMC - PubMed Central, accessed November 2, 2025, <https://pmc.ncbi.nlm.nih.gov/articles/PMC6680650/>
 12. Your Baby's Fourth Trimester - New Canaan Pediatrics, accessed November 2, 2025, <https://newcanaanpediatrics.com/your-babys-fourth-trimester/>
 13. Dr Karps Theory to treat baby colic - Kusi Wawa, accessed November 2, 2025, <https://www.kusiwawa.com/dr-karps-theory>
 14. The Development of Touch Perception and Body Representation (Chapter 9) - Cambridge University Press & Assessment, accessed November 2, 2025, <https://www.cambridge.org/core/books/cambridge-handbook-of-infant-development/development-of-touch-perception-and-body-representation/E9606C43FD5817AA213A31E1D7DB49A>
 15. What Is the Fourth Trimester? - Happiest Baby, accessed November 2, 2025, <https://www.happiestbaby.com/blogs/baby/fourth-trimester>
 16. The Fourth Trimester Of Baby's Development - Bay Street Pediatrics, accessed November 2, 2025, <https://baystreetpediatrics.com/the-fourth-trimester-of-babys-development/>
 17. My First Months - Woombie | Newborn Baby Wraps, accessed November 2, 2025, <https://woombie.com/my-first-months.html>
 18. HALO® SleepSack® Swaddle | The Safe and Easy Way to Swaddle - YouTube, accessed November 2, 2025, <https://www.youtube.com/watch?v=O7C0rjMyUZ4>
 19. Neonatal Behavioral Assessment Scale (NBAS) - Brazelton Institute, accessed November 2, 2025, <https://brazeltoninstitute.childrenshospital.org/neonatal-behavioral-assessment-scale/>

20. Using the 5 S's to Soothe a Crying Baby: Dr. Harvey Karp - Happiest Baby, accessed November 2, 2025, <https://www.happiestbaby.com/blogs/baby/the-5-s-s-for-soothing-babies>
21. Interoception: the hidden sense that can help children understand their feelings before they react - Learn, accessed November 2, 2025, <https://learn.childhood.org.au/interoception-the-hidden-sense-that-can-help-children-understand-their-feelings-before-they-react/>
22. Maternal interoceptive focus is associated with greater reported engagement in mother-infant stroking and rocking - PMC - PubMed Central, accessed November 2, 2025, <https://pmc.ncbi.nlm.nih.gov/articles/PMC11189230/>
23. Neonatal Behavioural Assessment Scale (NBAS) – Brazelton Centre UK, accessed November 2, 2025, <https://www.brazelton.co.uk/training/nbas/>
24. The Neonatal Behavioral Assessment Scale (NBAS) and Newborn Behavioral Observations (NBO) system for supporting caregivers and improving outcomes in caregivers and their infants - PMC - PubMed Central, accessed November 2, 2025, <https://pmc.ncbi.nlm.nih.gov/articles/PMC6494209/>
25. An Illustrative Review of Positional Asphyxiation in Infants Secured Upright in Car Seats, accessed November 2, 2025, https://www.researchgate.net/publication/357995118_An_Illustrative_Review_of_Positional_Asphyxiation_in_Infants_Secured_Upright_in_Car_Seats
26. Are there medical concerns with putting a young baby into a swing or bouncer? - Dr.Oracle, accessed November 2, 2025, <https://www.droracle.ai/articles/183284/are-there-any-medical-concerns-with-putting-a-young-baby-into-a-swingbouncer-toy>
27. Baby Gear and Sleeping: Know the Risks - Wood County, accessed November 2, 2025, <https://www.woodcountywi.gov/departments/health/Doc/Infant%20Sleep%20Positioning.pdf>
28. Protecting Infants and Toddlers from Positional Asphyxia: Car Seats and Sling Carriers, accessed November 2, 2025, <https://extension.okstate.edu/fact-sheets/protecting-infants-and-toddlers-from-positional-asphyxia-car-seats-and-sling-carriers.html>
29. Safe Sleep - AAP, accessed November 2, 2025, <https://www.aap.org/en/patient-care/safe-sleep/>
30. Investigation of Suffocation Mechanisms in the Infant Sleep Environment Using a Mechanical Breathing Model Simulation - PubMed Central, accessed November 2, 2025, <https://pmc.ncbi.nlm.nih.gov/articles/PMC11906203/>
31. Baby bouncer, a swing or a rocker? What you should know before choosing - Ergobaby.eu, accessed November 2, 2025, <https://ergobaby.eu/blog/post/baby-bouncer-a-swing-or-a-rocker-what-you-should-know-before-choosing>
32. How Long Can a Baby Be in a Swing? A Guide for Parents - Clafbebe, accessed November 2, 2025, <https://www.craft-child.com/blog/how-long-can-a-baby-be-in-a-swing/>
33. How to Keep Your Sleeping Baby Safe: AAP Policy Explained -

- HealthyChildren.org, accessed November 2, 2025,
<https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/a-parents-guide-to-safe-sleep.aspx>
34. Safe Sleep and Your Baby: How Parents Can Reduce the Risk of SIDS and Suffocation, accessed November 2, 2025,
https://publications.aap.org/patiented/article/doi/10.1542/peo_document088/7998/9/Safe-Sleep-and-Your-Baby-How-Parents-Can-Reduce
 35. Providing Care for Babies to Sleep Safely | SUID and SIDS - CDC, accessed November 2, 2025,
<https://www.cdc.gov/sudden-infant-death/sleep-safely/index.html>
 36. Evidence Base for 2022 Updated Recommendations for a Safe Infant Sleeping Environment to Reduce the Risk of Sleep-Related Infant Deaths | Pediatrics, accessed November 2, 2025,
<https://publications.aap.org/pediatrics/article/150/1/e2022057991/188305/Evidence-Base-for-2022-Updated-Recommendations-for>
 37. The Ultimate Guide to Choosing the Best Swaddle for Your Baby, accessed November 2, 2025,
<https://embebabies.com/blogs/ask-the-experts-safe-sleep-101/the-ultimate-guide-to-choosing-the-best-swaddle-for-your-baby>
 38. Typical and atypical development of ocular alignment and binocular vision in infants – the background - CentAUR, accessed November 2, 2025,
<https://centaur.reading.ac.uk/84149/8/Typical%20and%20atypical%20development%20of%20ocular%20alignment%20and%20binocular%20vision%20in%20infants%20redacted%20for%20Centaur.pdf>
 39. The Impact of Mobile Screens on Infant Vision: What Parents Need to Know - LJ Eye Institute, accessed November 2, 2025,
<https://ljeyeinstitute.org/2024/12/09/the-impact-of-mobile-screens-on-infant-vision-what-parents-need-to-know/>
 40. Developmental Impacts of Screen Time and Electronic Device Usage, accessed November 2, 2025,
<https://thejacobs ladder group.org/2025/04/developmental-impacts-of-screen-time-and-electronics-use/>
 41. Infant behavioural effects of smartphone interrupted parent-infant interaction - PMC, accessed November 2, 2025,
<https://pmc.ncbi.nlm.nih.gov/articles/PMC9541435/>
 42. Digital disruption?: Maternal mobile device use is related to infant social-emotional functioning - NIH, accessed November 2, 2025,
<https://pmc.ncbi.nlm.nih.gov/articles/PMC5866735/>
 43. The Best Baby Swaddles | Tested & Rated, accessed November 2, 2025,
<https://www.babygearlab.com/topics/activity-soothing/best-swaddle-and-sleep-sack>
 44. We Tried Three of The Best Swaddle Blankets for Babies: Here's What We Found, accessed November 2, 2025,
<https://julesandco.net/swaddle-wars-the-best-swaddle-for-your-baby/>
 45. Halo Sleepsack vs SwaddleMe wrap : r/beyondthebump - Reddit, accessed

November 2, 2025,

https://www.reddit.com/r/beyondthebump/comments/8d2tt4/halo_sleepsack_vs_swaddleme_wrap/

46. Hip-Healthy Swaddling - International Hip Dysplasia Institute, accessed November 2, 2025, <https://hipdysplasia.org/infant-child/hip-healthy-swaddling/>
47. Swaddling Statement - International Hip Dysplasia Institute, accessed November 2, 2025, <https://hipdysplasia.org/swaddling-statement/>
48. Happiest Baby Sleepea 5-Second Baby Swaddle - The Pump Station, accessed November 2, 2025, <https://www.pumpstation.com/products/happiest-baby-sleepea-5-second-baby-swaddle>
49. Sleepea® 5-Second Baby Swaddle, accessed November 2, 2025, <https://www.happiestbaby.com/products/sleepea-swaddle>
50. The Best Baby Swaddle: How to Choose a Swaddle - Happiest Baby, accessed November 2, 2025, <https://www.happiestbaby.com/blogs/baby/best-baby-swaddle-buying-guide>
51. What sizes does Sleepea come in? - Happiest Baby Europe, accessed November 2, 2025, <https://support.happiestbaby.eu/hc/en-150/articles/360037847213-What-sizes-does-Sleepea-come-in>
52. Happiest Baby Sleepea - Graphite Planets, Small | Babylist Shop, accessed November 2, 2025, <https://www.babylist.com/gp/happiest-baby-sleepea/21881/761456>
53. Sleepea® Comforter Swaddle - Happiest Baby, accessed November 2, 2025, <https://www.happiestbaby.com/products/sleepea-comforter-swaddle>
54. The Best Swaddles of 2025 - Reviewed, accessed November 2, 2025, <https://www.reviewed.com/parenting/best-right-now/the-best-swaddles>
55. HappiestBaby Sleepea Sleeping Bag 3 Sizes - La Casa del Bebè, accessed November 2, 2025, <https://www.lacasadelbebe.uk/en/happiestbaby-sleepea-sleeping-bag-3-sizes>
56. Love to Dream Swaddle Up Original 1.0 TOG - Gray, Small | Babylist Shop, accessed November 2, 2025, <https://www.babylist.com/gp/love-to-dream-swaddle-up-original-1-0-tog/4279/8220>
57. Swaddle Up Organic Cream - Love to Dream, accessed November 2, 2025, <https://lovetodream.com/products/swaddle-up-organic-cotton-1-0-tog-cream>
58. LOVE TO DREAM SWADDLE UP™ Original 1.0 TOG Grey | Newborn Sleeping Bag, accessed November 2, 2025, <https://lovetodream.me/swaddle-up-original-1-0-tog-grey/>
59. Swaddle Up Hip Harness Dreamer - Love to Dream, accessed November 2, 2025, <https://lovetodream.com/products/swaddle-up-hip-harness-original-cotton-1-0-tog-white-dreamer>
60. Size Guide - Love to Dream, accessed November 2, 2025, <https://lovetodream.com/pages/size-guide>
61. Can my baby use the LOVE TO DREAM SWADDLE UP™ from day one?, accessed

November 2, 2025,

<https://lovetodreamuk.gorgias.help/en-GB/can-my-baby-use-the-love-to-dream-swaddle-up-from-day-one-759819>

62. Love to Dream | Brands – Mamas & Papas IE, accessed November 2, 2025, <https://www.mamasandpapas.ie/collections/love-to-dream>
63. Woombie Original Swaddle - Award-Winning Wearable Blanket for Babies, accessed November 2, 2025, <https://woombie.com/swaddles/original-woombie-swaddle.html>
64. Original Lightweight and Breathable Swaddle My Love - Woombie, accessed November 2, 2025, <https://woombie.com/original-woombie-my-love.html>
65. woombie baby: Newborn swaddles and Infant swaddles – WoombieBaby, accessed November 2, 2025, <https://woombiebaby.com/>
66. Woombie Original Baby Swaddle - Dream On Newborn 2.5-6kg - Bub Mania, accessed November 2, 2025, <https://bubmania.com.au/products/woombie-original-dream-on-newborn>
67. Original Woombie Baby Swaddle - Zig Zag Print | Ergo Baby Pouch, accessed November 2, 2025, <https://woombie.com/original-woombie-zig-zag-print.html>
68. Swaddle with Woombie for extra sense of security and safety, accessed November 2, 2025, https://www.woombie.nl/en_GB/
69. Halo - 100% Cotton Sleepsack Swaddle only \$34.99 and TAX FREE at Posh, accessed November 2, 2025, <https://www.poshbaby.com/products/halo-100-cotton-sleepsack-swaddle-posh-baby>
70. Halo SleepSack Swaddle Cotton - Jungle, Newborn | Babylist Shop, accessed November 2, 2025, <https://www.babylist.com/gp/halo-sleepsack-swaddle-cotton/2204/646943>
71. What does hip healthy mean? - Halo Sleep, accessed November 2, 2025, <https://www.halosleep.com/pages/what-does-hip-healthy-mean>
72. Hip Healthy Swaddling With SleepSack Baby Swaddle | HALO - Halo Sleep, accessed November 2, 2025, <https://www.halosleep.com/blogs/halo/hip-healthy-swaddling-with-the-halo-sleepsack-swaddle>
73. Halo Sleepsack Swaddle - Platinum collection - Birth Partner, accessed November 2, 2025, <https://birthpartner.com.au/product/halo-sleepsack-swaddle-platinum-collection/>
74. SleepSack® Swaddle 1.5 TOG - aden + anais, accessed November 2, 2025, <https://www.adenandanaais.co.uk/products/sleepsack-swaddle-1-5-tog>
75. Our Favorite Baby Swaddles for Better Sleep | Lucie's List, accessed November 2, 2025, <https://www.lucieslist.com/guides/sleeping/swaddles/>
76. What are good tips for washing the sleep sacks? : r/SnooLife - Reddit, accessed November 2, 2025, https://www.reddit.com/r/SnooLife/comments/nb1ub4/what_are_good_tips_for_washing_the_sleep_sacks/
77. Baby Sleep Sack | Sleepea Swaddle - Happiest Baby EU, accessed November 2,

- 2025, <https://happiestbaby.eu/products/sleepea-swaddle>
78. What Do TOG Ratings Mean? - Happiest Baby, accessed November 2, 2025, <https://www.happiestbaby.com/blogs/baby/tog-ratings>
79. Love to Dream Swaddle UP 0.5T - buy at Galaxus, accessed November 2, 2025, <https://www.galaxus.de/en/s10/product/love-to-dream-swaddle-up-05t-60-cm-10-tog-all-season-baby-sleeping-bags-42280520>
80. Care & Safety - Love to Dream™ NZ, accessed November 2, 2025, <https://www.lovetodream.co.nz/pages/care-instructions-and-safety>
81. Care Instructions - Love to Dream™ NZ, accessed November 2, 2025, <https://www.lovetodream.co.nz/pages/care-instructions>
82. Love To Dream Swaddle Up™ Original 1Tog - Grey - Bella Baby, accessed November 2, 2025, <https://www.bellababy.ie/love-to-dream-swaddle-up-1tog.html>
83. Woombie Original - Dream On Newborn 2.5-6kg, accessed November 2, 2025, <https://woombieaustralia.com.au/products/woombie-original-dream-on-newborn>
84. Deluxe Woombie Green Bow Tie/5-13 lbs, accessed November 2, 2025, <https://woombie.com/deluxe-woombie.html>
85. Woombie Air Swaddle, accessed November 2, 2025, <https://woombie.com/woombie-air-swaddle-collection.html>
86. Woombie Swaddle maintenance, accessed November 2, 2025, https://www.woombie.nl/en_GB/c-1987464/woombie-swaddle-maintenance/
87. Woombie Original Stretch Cotton Baby Swaddle for Safe Sleeping Big Baby 3-5 months- Raspberry - Widgey Pillows, accessed November 2, 2025, <https://www.widgeypillows.com/product/woombie-original-stretch-cotton-baby-swaddle-for-safe-sleeping-big-baby-3-5-months-raspberry/>
88. Shipping - Woombie.nl, accessed November 2, 2025, https://www.woombie.nl/en_GB/c-1989233/shipping/
89. SleepSack Collection - Halo Sleep, accessed November 2, 2025, <https://www.halosleep.com/pages/sleepsack-collection>
90. Halo Sleepsack Swaddle 100% Organic Cotton - Cream NB & Preemie 1.5 Tog, accessed November 2, 2025, <https://babyongrand.com/products/copy-of-halo-sleepsack-swaddle-100-cotton-heather-gray>
91. Cream Organic Cotton Swaddle - Newborn - Halo Sleep, accessed November 2, 2025, <https://www.halosleep.com/products/halo-sleepsack-swaddle-100-organic-cotton-cream-swad-oc-crm>
92. Halo SleepSack 1.5 TOG 100% Cotton Midnight Moons Pink Swaddle, 0-3 mths - Ocado, accessed November 2, 2025, <https://www.ocado.com/products/halo-sleepsack-1-5-tog-100-cotton-midnight-moons-pink-swaddle-0-3-mths/575626011>
93. FAQs | Baby Swaddles & Sleeping Bags | HALO - aden + anais, accessed November 2, 2025, <https://www.adenandanaais.co.uk/pages/sleepsack-collection-faqs>

94. Swaddle 100% Cotton TOG 1.5 - Halo Sleep, accessed November 2, 2025, <https://www.halosleep.com/products/halo-sleepsack-swaddle-100-cotton-cream-swad-cot-crm>
95. Organic Cotton Swaddles 4 Pack - aden + anais, accessed November 2, 2025, <https://www.adenandanaais.co.uk/products/organic-cotton-swaddles-4-pack>
96. aden + anais - Organic Cotton Muslin Swaddles (4 Pack) - Childrensalon, accessed November 2, 2025, <https://www.childrensalon.com/aden-anais-organic-cotton-muslin-swaddles-4-pack-541617.html>
97. Organic Muslin Swaddles - aden + anais, accessed November 2, 2025, <https://www.adenandanaais.co.uk/collections/organic-swaddles>
98. aden + anais essentials Large Single Muslin Swaddle - Safari Babies - Boots Ireland, accessed November 2, 2025, <https://www.boots.ie/aden-and-anais-muslin-single-swaddle-safari-babies-10239821>
99. The Best Swaddles of 2025 to Help You Achieve Peak Baby Burrito - Babylist, accessed November 2, 2025, <https://www.babylist.com/hello-baby/best-swaddles>
100. Aden + Anais - Cotton Muslin Swaddle – Kitchen Store & More, accessed November 2, 2025, <https://conwaykitchen.com/products/aden-anais-cotton-muslin-swaddle>
101. How to Care for Your Muslin - aden + anais, accessed November 2, 2025, <https://www.adenandanaais.co.uk/blogs/aden-anais/how-to-care-for-your-muslin>
102. How to Care for Your Muslin | aden+anais - Halo Sleep, accessed November 2, 2025, <https://www.halosleep.com/blogs/aden/care-for-muslin>
103. Best organic crib sheets/swaddles/sleeping sacks? : r/NewParents - Reddit, accessed November 2, 2025, https://www.reddit.com/r/NewParents/comments/1gut0f5/best_organic_crib_sheets_swaddles_sleeping_sacks/
104. Aden and Anais Above the Clouds Organic cotton swaddle 120*120 cm, Small Balloons, accessed November 2, 2025, <https://www.heveren.ee/en/product/aden-and-anais-above-the-clouds-organic-cotton-swaddle-120120-cm-small-balloons/>