










Swaddles and Sleep Sacks

Per DHS guidelines, below is a list of approved and unapproved swaddles and sleep sacks. Please note that certain sleep items require a written doctor's note in order for Sprout Kids Academy to use them.

	Brand/Type	Approved?	Doctor's Note?
	Love to Dream – Swaddle Up (or similar) <i>arms are restricted inside of swaddle</i>	Yes	With Doctors note
	Velcro Swaddle <i>arms are restricted inside of swaddle</i>	Yes	With Doctors note
 <small>ARMS IN to reduce the HANDS-TO-FACE for self-soothing</small>	Velcro Swaddle and Sleep Sack Combo <i>arms are restricted inside of swaddle</i>	Yes	With doctors note when arms are at all restricted
	Dreamland Weighted Transition Swaddle (or similar) <i>weighted sleep suit</i>	NO	
	Nested Bean Sleep Sack (or similar) <i>weighted sleep sack with arms out</i>	NO	
	Muslin Swaddle Blanket or Blanket <i>arms in or out</i>	NO	

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	Brand/Type	Approved?	Doctors Note?
	Merlin Sleepsuit (or similar)	NO	
	Long Sleeve Wearable Sleeping Bag <i>arms out</i>	Yes	NO
	Sleep Sack/Wearable Blanket (or similar)	Yes	NO
 <small>1 OR 2 ARMS OUT for an easy transition from swaddling.</small>	Velcro Swaddle and sleep sack combo <i>arms out</i>	Yes	NO

Reminders:

- Once your child begins to roll over, swaddling with arms in is no longer permitted.
- Swaddles and sleep sacks must be appropriately sized to ensure that no fabric can rise over the child's face.
- Any medical authorization for swaddling must be provided in writing by your child's pediatrician.