



# Grosnug Guide
































The Grosnug comes in two weights of fabric:

Cosy  20°C (68°F) and below












Light  16°C (61°F) and above

## What to wear

What your baby wears will depend on the weight of Grosnug and the temperature of the baby's bedroom. In the same way as you would adjust nightclothes; as a guide, please refer to the table below. Please remember though, that babies are all different and just as with blankets and sheets, you will soon discover what your baby is most comfortable wearing. Placing your fingers on your baby's chest is the best indicator of whether they are too hot/too cold/just right as babies' hands often feel cool.

Room Temperature	Clothing			
22-24°C (72-75°F)	 L	+	 Or	
	 L	+		
20-22°C (68-72°F)	 L	+	 Or	
	 L	+		
18-20°C (64-68°F)	 L	+	 Or	
	 C	+	 Or	
	 C	+		
16-18°C (61-64°F)	 L	+	 +  Or	
	 C	+		
14-16°C (57-61°F)	 C	+	 +  Or	
	 C	+	 + 	
Under 14°C (57°F)	 C	+	 +  Or	
	 C	+	 + 	(& leggings as needed) Arms out position only

## Guide Key

-  Nappy
-  Sleeveless cotton body suit
-  Short-sleeved cotton body suit
-  Long-sleeved cotton body suit
-  Pyjama Top
-  Grosuit
-  Pyjama Bottoms
-  Light Pyjamas
-  Pyjamas
-  Sleepsuit
-  Vest

# Groswaddle Guide

## How to use

The baby's weight combined with the stretchy fabric help to keep the swaddle wrap securely in place.

1

Place baby onto open swaddling wrap, fold in the top of the wrap so that the fabric is in line with the nape of the neck, legs should then be placed inside the hip healthy pocket in a natural "froggy" leg position.



2

Make sure that the pockets upper material is around the baby's tummy. Holding the upper right hand side of the swaddle; wrap the fabric snugly over baby's arms, and tuck the fabric under baby's body, leaving fabric loose around the legs.

















3

Holding the upper left hand side of the swaddle; wrap the fabric snugly around baby's arms and underneath torso, leaving fabric loose around the legs. Ensure that both legs can freely flex.



## What to wear with a Groswaddle

With regular checking, you will soon get used to knowing what level of clothing works best for your baby.

Temperature	Item		
24-27°C (75-81°F)		(underarm swaddle position only)	
22-24°C (72-75°F)	 Or 		
20-22°C (68-72°F)	 Or 		
18-20°C (64-68°F)			
16-18°C (61-64°C)	 + 		
14-16°C (57-61°F)	 +  (arms in position)	Or	
	 +  (underarm swaddle position only)		
Under 14°C (57°C)	 +  (+Leggings as needed)	Or	
	 +  (+Leggings as needed) arms out position only		

### Guide Key



Nappy



Short-sleeved cotton body suit



Pyjama Top



Pyjama Bottoms



Pyjamas



Vest



Sleeveless cotton body suit



Long-sleeved cotton body suit



Grosuit



Light Pyjamas



Sleepsuit