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(54) **CONVERTIBLE BABY GARMENT**

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(57) **ABSTRACT**

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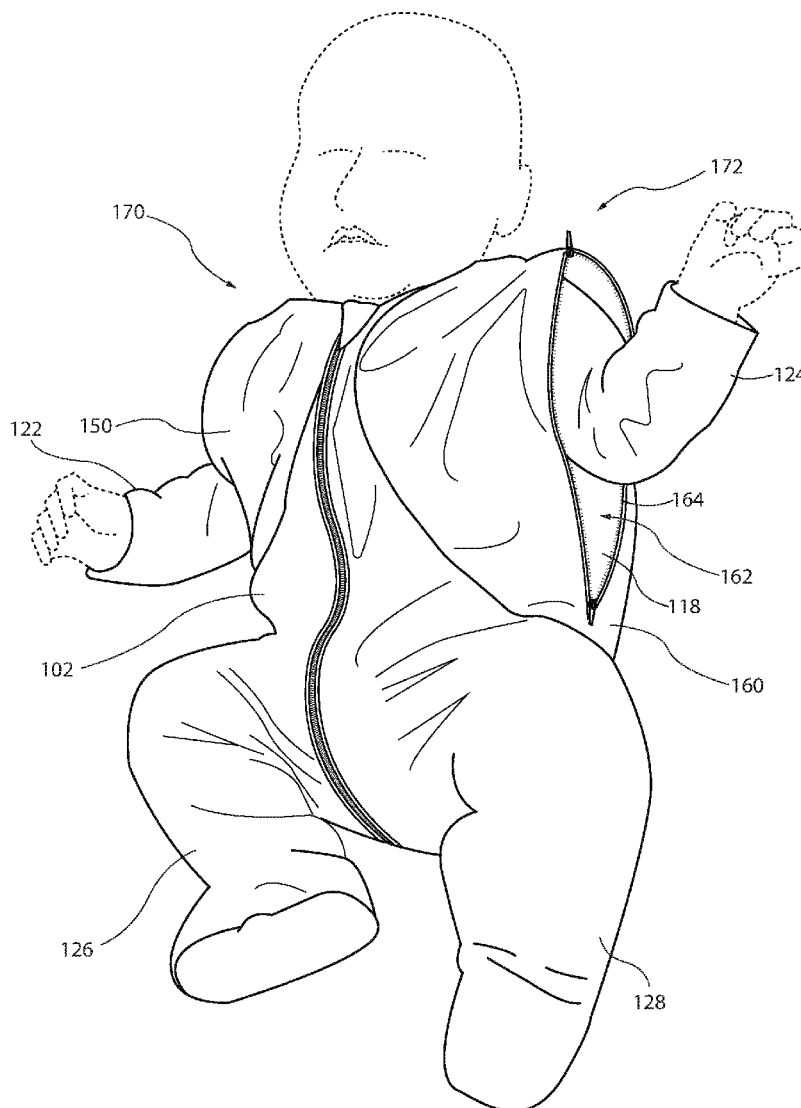
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A method for swaddling and a baby garment having pouches along opposite sides of the baby garment sufficiently large to accommodate enclosing a baby's arm. The pouch has openings that can be closed so as to allow the arms to be free while the baby is awake, and secure the arms inside the pouch against the baby's body while the baby is sleeping. The pouches can be opened and closed with typical fasteners. The pouches can have some elasticity to allow the pouches to stretch.

Related U.S. Application Data

(60) Provisional application No. 62/651,265, filed on Apr. 2, 2018.



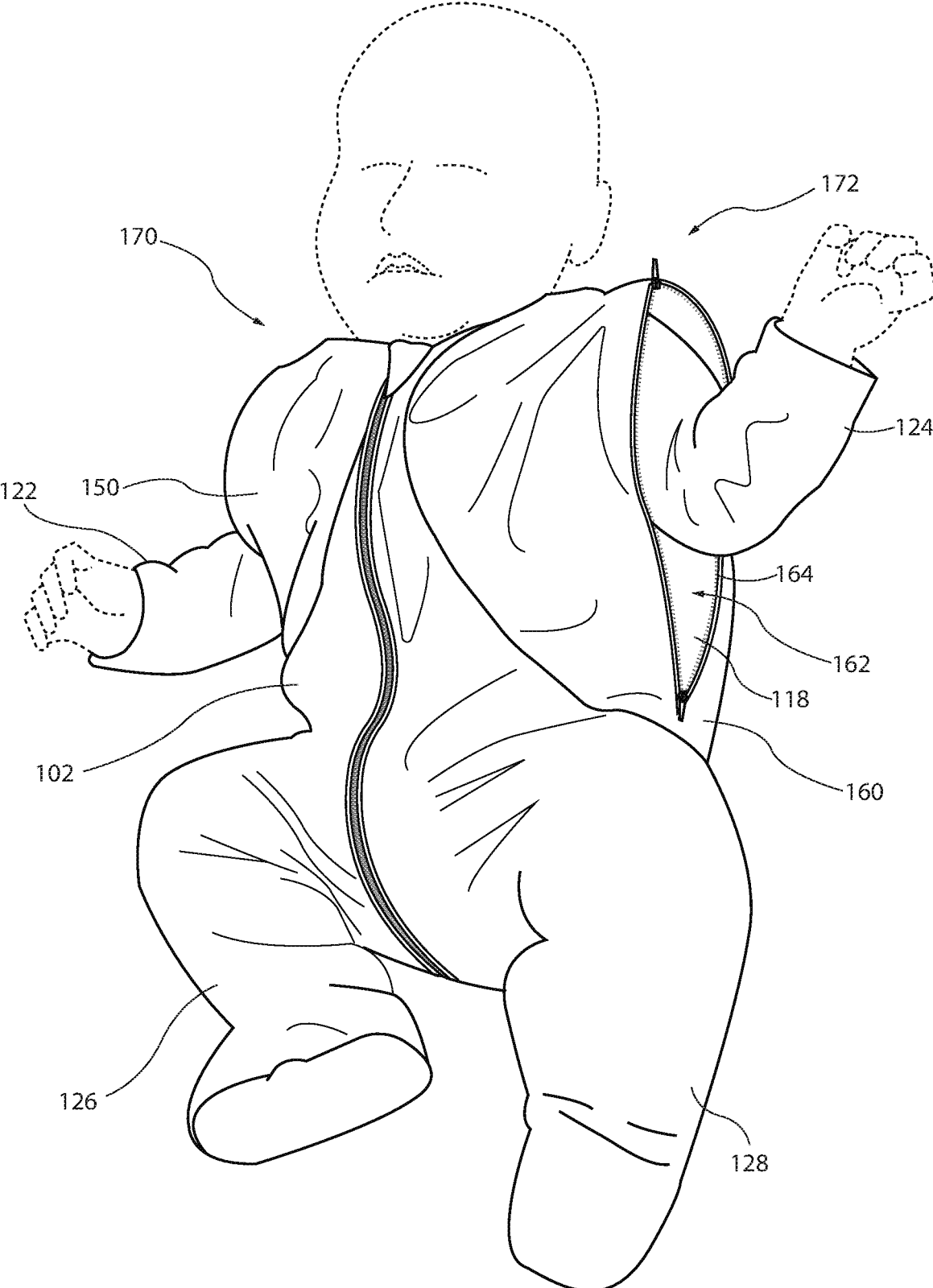


Fig. 1

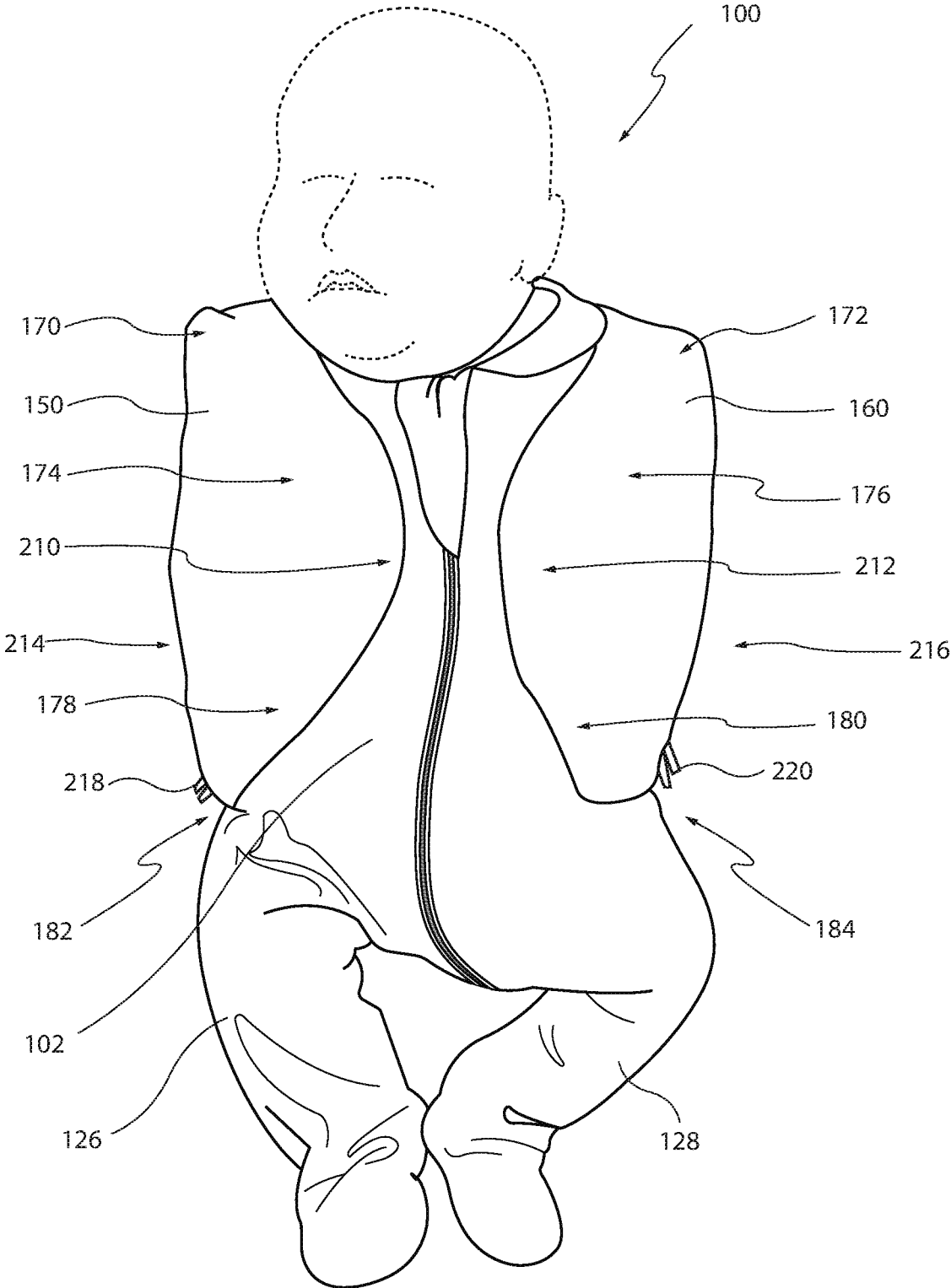


Fig. 2

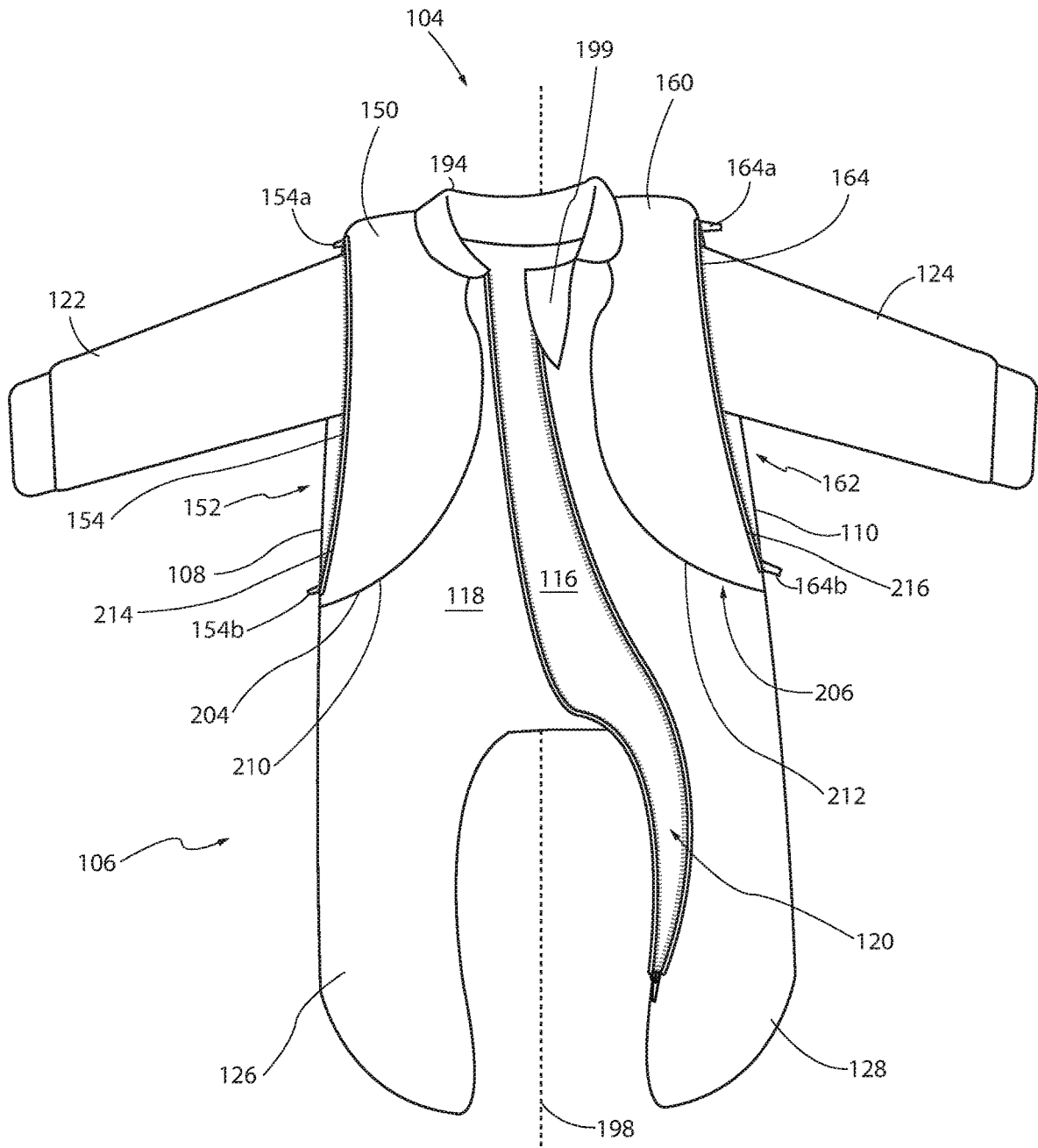


Fig. 3

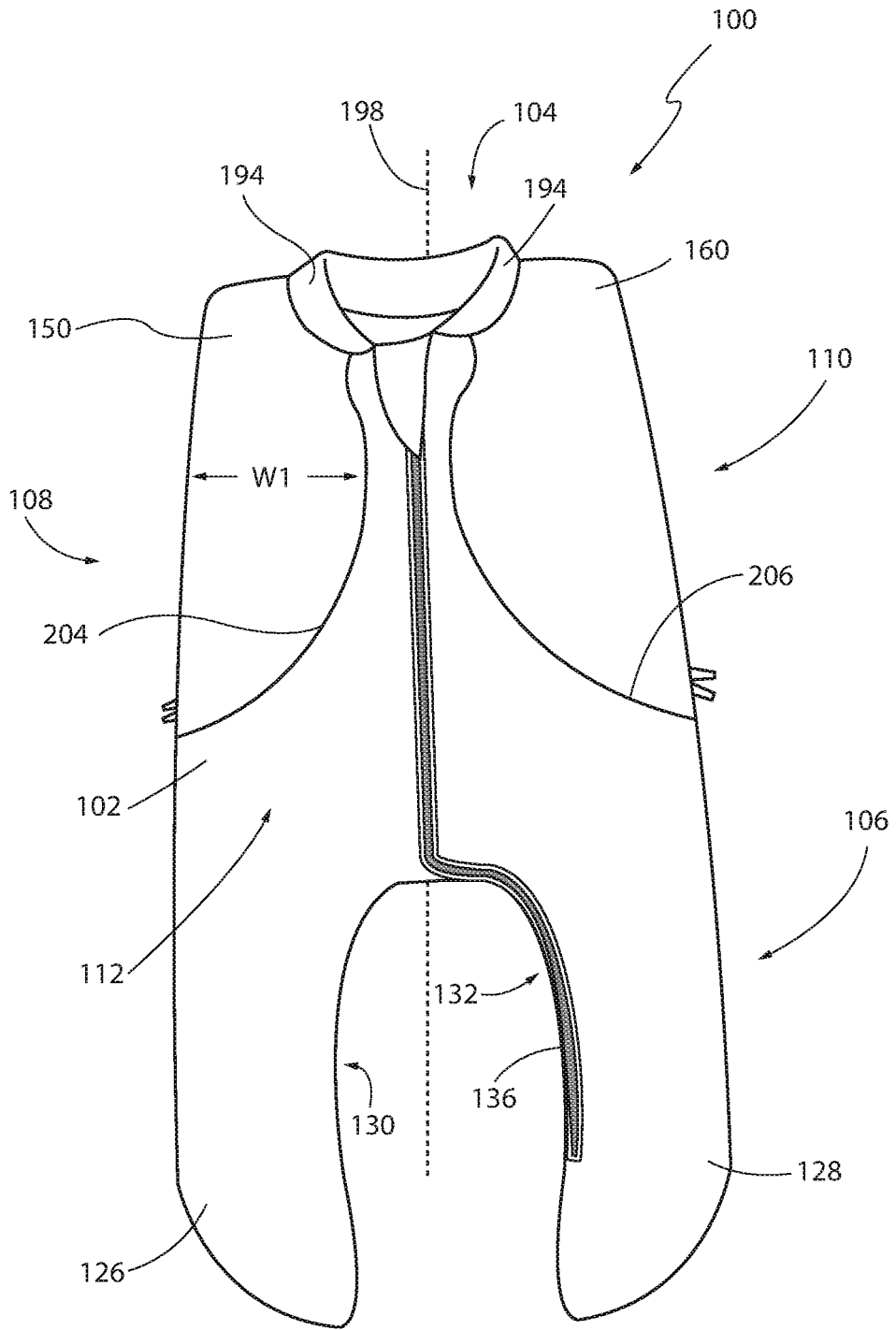


Fig. 4

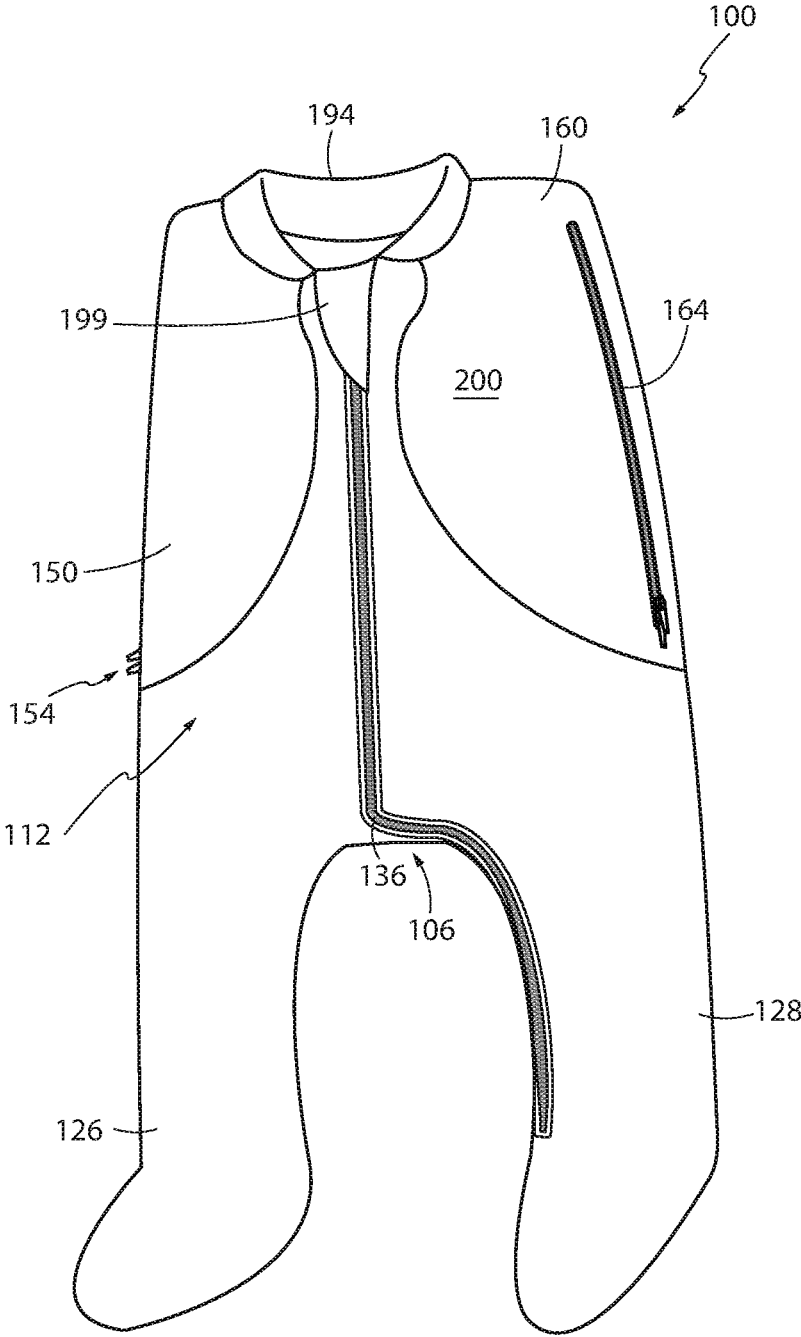


Fig. 5

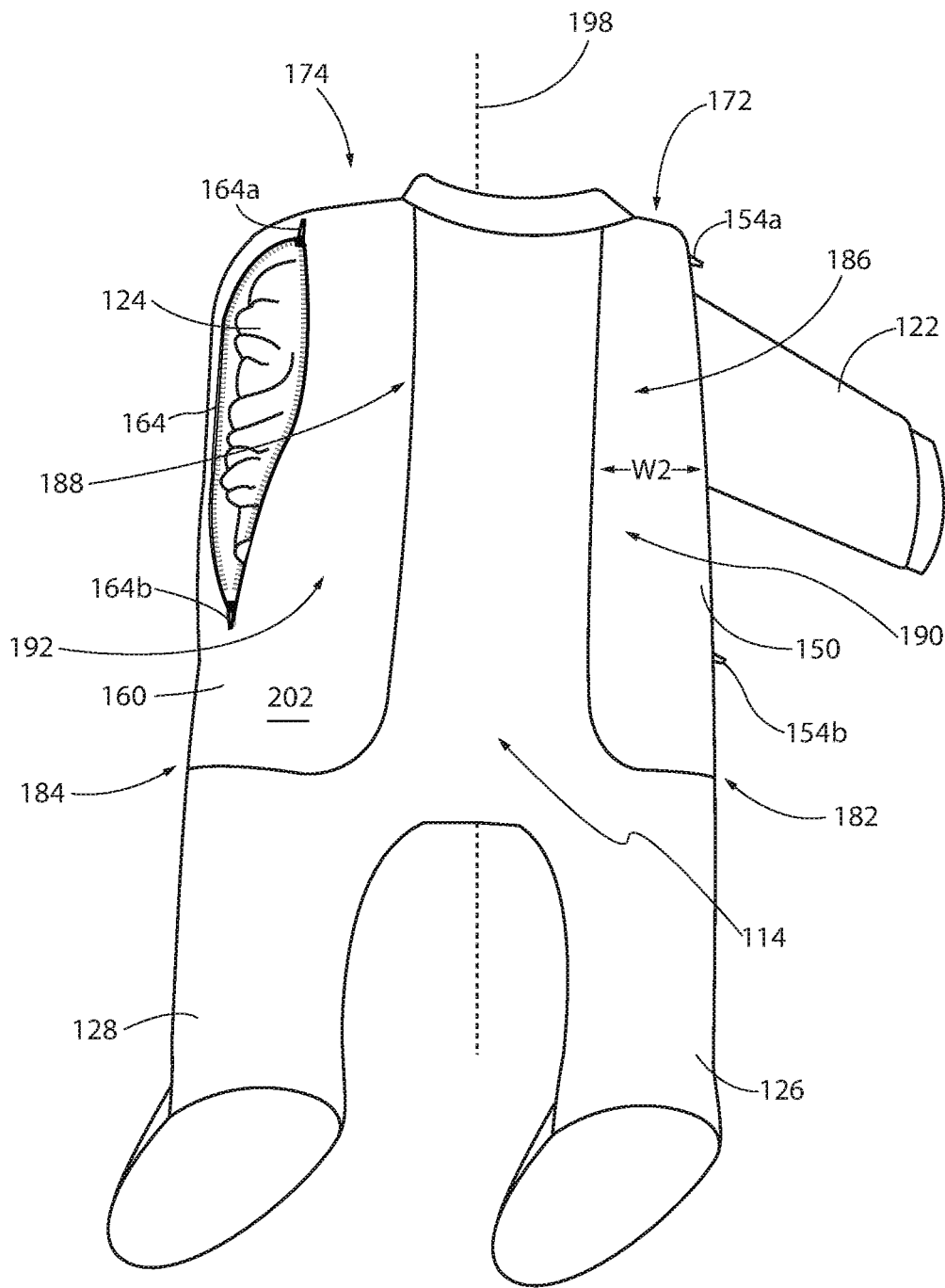


Fig. 6

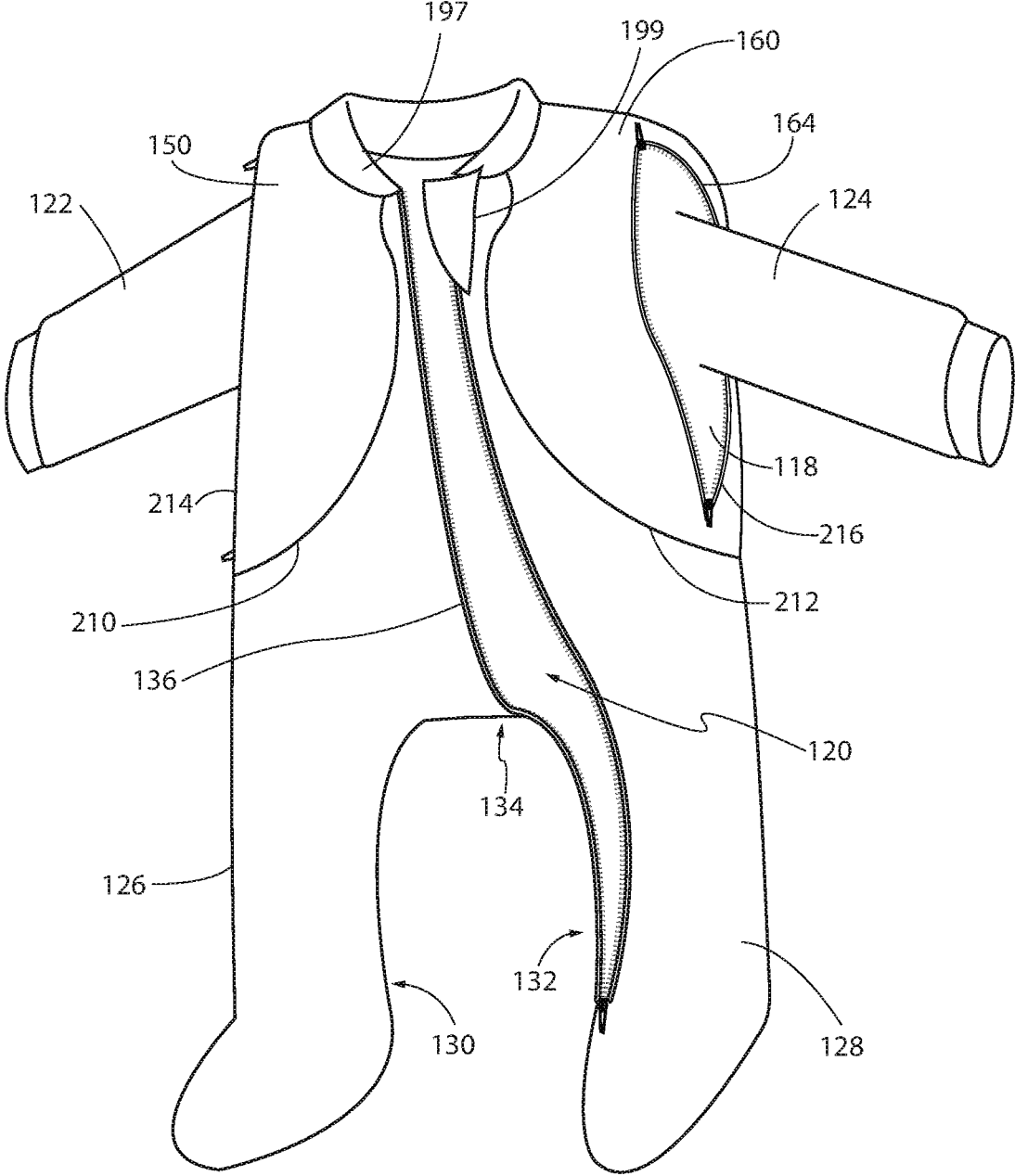


Fig. 7

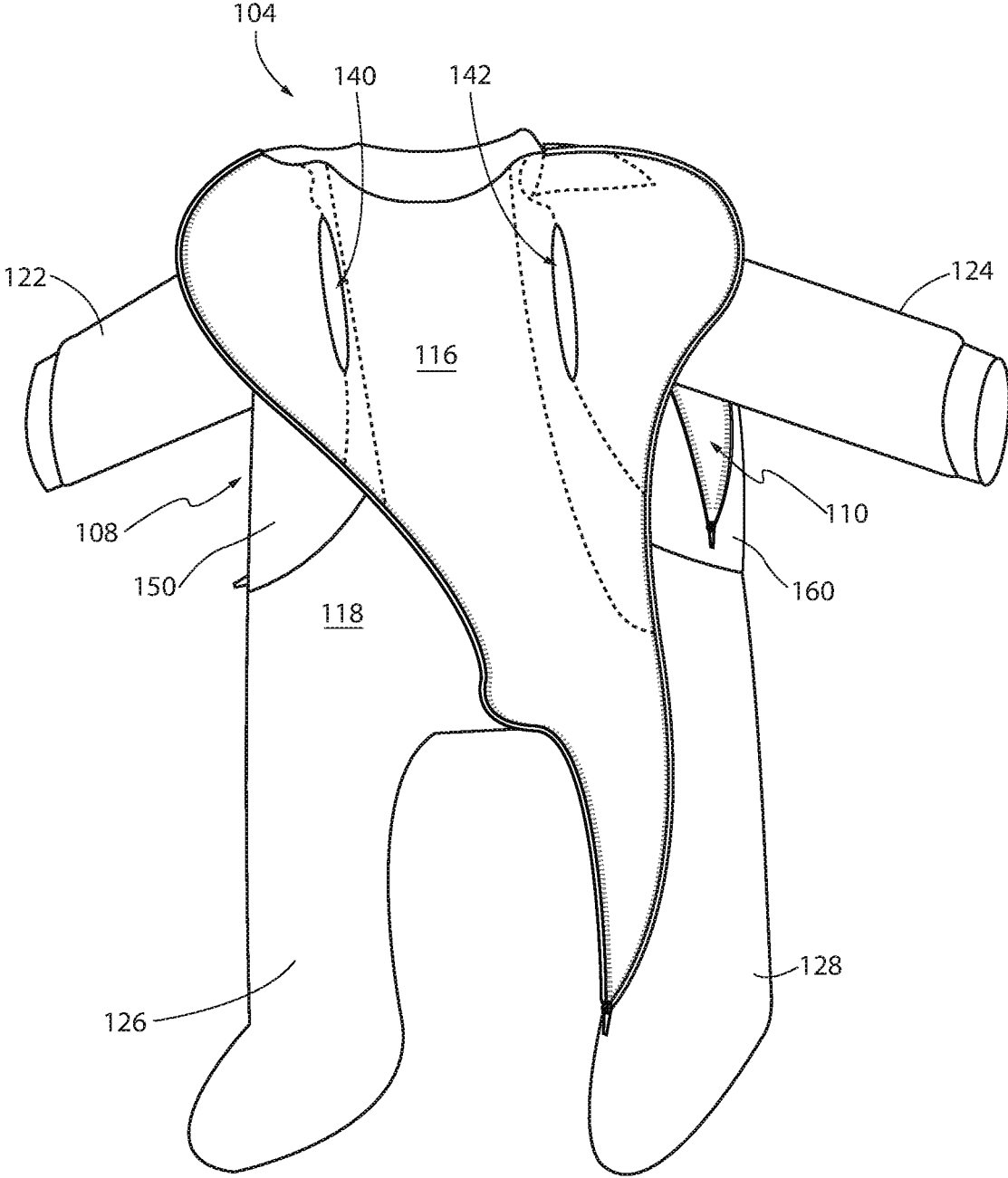


Fig. 8

CONVERTIBLE BABY GARMENT

CROSS-REFERENCE TO RELATED APPLICATION

[0001] This patent application is a national phase entry of PCT Application PCT/US2019/025231, filed Apr. 1, 2019, which claims the benefit of U.S. Provisional Patent Application Ser. No. 62/651,265, which applications are incorporated in their entirety here by this reference.

TECHNICAL FIELD

[0002] This invention relates to baby garments.

BACKGROUND

[0003] In general, infants need their arms swaddled to help them sleep so as not to startle themselves awake. In addition, it is believed that swaddling can help babies feel more comfortable because it resembles the feeling of being snug in the womb. Some babies also need protection from scratching themselves, which swaddling can prevent.

[0004] Currently, parents use blankets to swaddle their babies, which means when they are traveling, they have to carry yet another item for the baby. In addition, using a blanket requires finding the blanket of the right size, and learning a variety of different swaddling techniques. Some swaddling techniques require wrapping the baby in multiple layers of the blanket, which could lead to overheating of the baby. Furthermore, movement of the baby during sleep can cause the blanket to unravel, which results in at least two major problems. First, the baby's arms are free to flail, which could wake the baby. Second, the loose blanket is a hazard for the baby as the baby could inadvertently wrap his or her face in the loose blanket resulting in suffocation.

[0005] For the foregoing reason, there is a need for a for a baby garment that can also be used as a swaddling garment that is easy to use, will not unravel or allow the baby's arm to escape, and does not add to the bulk of items required to take care of a baby while traveling.

DISCLOSURE OF INVENTION

[0006] The present invention is directed to a baby garment that can be converted into a swaddling garment. This invention solves the problems seen in other swaddling mechanisms by enclosing the arms completely, but also having the option to have the arms free when the baby is awake. The convertibility of the garment allows arms to be free or restricted, resulting in a garment that can be worn while sleeping or awake. In some embodiments, the garment can also allow some limited arm movement, while still keeping the baby snug and preventing scratching.

[0007] For example, the swaddling function can be achieved by attaching a pouch to a base garment. The base garment may be a typical outfit worn by a baby, such as onesies, pajamas, or other daily wear. The pouch can be attached to the garment in a manner that can cover the side of the garment where the arms would naturally reside. The pouch has an opening that can open along the side to allow the hand and arm of the baby to be tucked inside the pouch or left out. When the pouch is opened, the hand and arm can be outside of the garment as though it were a normal baby garment. Once the baby is ready to sleep the arm can be tucked into the pouch and the pouch closed. Preferably, there

will be two pouches, one on each side of the garment so that both arms are tucked in between the base garment and the pouch.

[0008] One object of the present invention is to provide a baby garment that can be worn on a regular basis while the baby is awake or asleep, but also has the capability of swaddling the baby when the baby is ready for sleep, all in a single garment

[0009] Another object of the present invention is to provide a baby garment that avoids disturbing a sleeping baby with cumbersome swaddle garments by simply tucking the baby's arms in their respective pouch and closing each pouch shut.

[0010] Another object of the present invention is to provide a baby garment that can keep the baby's arms warm while sleeping.

[0011] Another object of the present invention is to provide a baby garment that restrains the baby's arms to prevent the baby from scratch his or her face, or other parts of their body. This garment is particularly beneficial for babies with eczema or other skin conditions because the arms are zipped into the pouch and no scratching of the skin is possible.

[0012] Another object of the present invention is to use fasteners that allow the pouch to be fully closed, fully open, or partially closed/opened to prevent pouch from flapping around when the baby's arms are free.

[0013] Another object of the present invention is to provide a baby garment that has the effect of swaddling a baby, but will not unravel while the baby is sleeping. As such, the present invention is safer than blankets that are typically used for swaddling.

[0014] In some embodiments, the present invention can be implemented as a typical one-piece garment that covers the infant's arms, body, legs, and feet, but is not limited to that coverage. This embodiment allows for the garment to be opened down the middle and up one or both legs for ease of changing. This embodiment includes external pouches on each side of the middle opening, that allow the arms to be restricted close to the body by closing the pouches using a fastener or other closure mechanism which is preferably but not limited to a zipper.

BRIEF DESCRIPTION OF DRAWINGS

[0015] FIG. 1 shows a perspective view of an embodiment of the present invention in use with the arms free;

[0016] FIG. 2 shows a perspective view of an embodiment of the present on in use as a swaddling garment; and

[0017] FIG. 3 shows a front view of an embodiment of the present invention with the sleeves exposed.

[0018] FIG. 4 shows a front view of an embodiment of the present invention with the sleeves tucked into their respective pouches.

[0019] FIG. 5 shows a front perspective view of an embodiment of the present invention with the sleeves tucked into their respective pouches.

[0020] FIG. 6 shows a rear perspective of embodiment of the present invention with one sleeve tucked into a pouch and one sleeve free.

[0021] FIG. 7 shows a front perspective view of an embodiment of the present invention with both sleeves free.

[0022] FIG. 8 shows a front perspective view of an embodiment of the present invention.

MODES FOR CARRYING OUT THE
INVENTION

[0023] The detailed description set forth below in connection with the appended drawings is intended as a description of presently-preferred embodiments of the invention and is not intended to represent the only forms in which the present invention can be constructed or utilized. The description sets forth the functions and the sequence of steps for constructing and operating the invention in connection with the illustrated embodiments. It is to be understood, however, that the same or equivalent functions and sequences can be accomplished by different embodiments that are also intended to be encompassed within the spirit and scope of the invention.

[0024] The present invention is a baby garment 100 with an intrinsic capability of swaddling the baby when necessary. As such, the baby garment 100 can be worn on a day-to-day basis with the arms free to allow the baby to move freely as shown in FIG. 1, but has the capability of restraining the baby's arms when it is time for the baby to sleep as shown in FIG. 2. This feature can be accomplished by forming pouches on the sides of the base or body of a baby garment that is large enough to enclose the baby's arm. These pouches can fit snugly to restrain the baby, or be roomy enough to allow some arm movement within the pouch.

[0025] With reference to the FIGS. 3-8, a baby garment 100 of the present invention comprises a base 102 having a top 104, a bottom 106 opposite the top 104, a first side 108, a second side 110 opposite the first side 108, a midline 198 approximately centrally located between the first side 108 and the second side 110, a front 112, and a back 114, wherein the top 104, bottom 106, first side 108, second side 110, front 112, and back 114 defines an interior 116 and an exterior 118 of the base 102. The midline 198 substantially divides the baby garment in half (when viewed from the front 112 or the back 114) so that the garment 100 is substantially bilaterally symmetrical. The base 102 has a main opening 120 to access the interior 116 of the base 102. The main opening 120 can be along the midline 198, or offset to one side or the other, or even cross over one side to the other. Optionally, the baby garment 100 can have sleeves 122, 124, short or long, and/or pant legs 126, 128, short or long. The pant legs 126, 128 can cover the legs of the baby only, or the pant legs 126, 128 can cover the legs and the feet of the baby. As typical in many onesies, pant legs are not required. Alternatively, the pant legs 126, 128 could be replaced by a full covering with a closure at the bottom, such as a zipper, which would enclose the legs and feet together in a "sack." Such an embodiment may also use the bottom closure as the main opening 120 or an alternate opening, optionally eliminating the main opening 120 at the baby's torso.

[0026] Typically, the main opening 120 runs along the front side 112 of the base 102. In embodiments having pant legs 126, 128, the main opening 120 can run down the inner side 130, 132 of the pant leg 126, 128 as well, which makes it easy to remove the baby's legs to change the diaper. In some embodiments, the main opening 120 can be along the bottom 134 of the base 102 extending in a transverse or side-to-side direction (i.e. inner thigh to inner thigh) of the base 102. In some embodiments, the pant legs 126, 128 may be replaced by a full covering that encloses the legs and feet, and is secured along the bottom of that full covering by the main opening 120, which would eliminate the need for a zipper down the central portion of the garment, and also

allow easy access to the diaper without removing the upper portion of the garment. The main opening 120 can be closed using typical fasteners 136, such as zippers, buttons, hook-and-loop fasteners, and the like.

[0027] As shown in FIG. 8, the baby garment 100 further comprises a first hole 140 on the first side 108 adjacent to the top 104, and a second arm hole 142 on the second side 110 adjacent to the top 104. These arm holes 140, 142 are the holes through which the baby would insert his or her arms when the baby garment 100 is donned by the baby. In some embodiments, sleeves 122, 124 can be attached to the sides 108, 110 of the baby garment 100 at the arm holes 140, 142. The sleeves 122, 124 can be short sleeves or long sleeves. Thus, when the baby's arms are inserted through the arm holes 140, 142, the sleeves 122, 124 can cover the upper arm or the entire arm when sleeves 122, 124 are attached. In an alternative embodiment, the sleeves 122, 124 could be closed at the ends to enclose the baby's hands, either permanently closed or with a closure such as a foldover or other suitable closure apparatus.

[0028] In the preferred embodiment, a first pouch 150 is operatively connected to the first side 108 of the base 102 and overlaps with the first arm hole 140 such that the first pouch 150 covers the first arm hole 140. As such, the first pouch 150 covers a substantial portion of the first side 108 of the base 102. The first pouch 150 defines a first opening 152 that provides access to the first side 108. The first pouch 150 comprises a first fastener 154 to close the first pouch 150 and block access to the first side 108.

[0029] Similarly, a second pouch 160 is operatively connected to the second side 110 adjacent to the top 104 and overlaps with the second side 110, including the second arm hole 142. The second pouch 160 defines a second opening 162 that provides access to the second side 110. The second pouch 160 comprising a second fastener 164 to close the second pouch 160 and block access to the second side 110.

[0030] The first and second pouches 150, 160 are essentially identical except that they are placed on opposite sides of each other as mirror images. Nonetheless, the features are the same; therefore, for the sake of ease of description, features of a pouch 150, 160 will be described, which applies to both the first and second pouches 150, 160, but on opposite sides.

[0031] The pouch 150, 160 is one or more pieces of fabric attached to cover at least a portion of a side 108, 110 of the garment 100. Operatively connecting the pouch 150, 160 to the base 102 creates a space in between the exterior 118 of the base 102 and the pouch 150, 160. With reference to FIG. 2, preferably, the pouch 150, 160 encompasses a shoulder region 170, 172 of the garment 100 so as to be able to cover the arm hole 140, 142. The pouch 150, 160 can also be large enough to house a baby's entire arm. When a baby's arm has been placed through the arm hole 140, 142, the baby's arm is free to move about. When the pouch 150, 160 is closed, however, the baby's arms is now trapped inside the pouch 150, 160. The pouch 150, 160 can be tight enough to the base 102 that the baby's arms is restrained against the baby's body. In other words, the gap defined by the pouch 150, 160 and the exterior 118 of the base can be large enough to fit a baby's arm, but is small enough to create restrictive movement. However, the pouch need not be so restrictive that the baby is unable to move his or her arm at all the way a straitjacket is designed.

[0032] The goal of a preferred embodiment is to minimize or reduce the flailing movement of the baby's arm, not complete immobilization. Thus, in some embodiments, the pouch 150, 160 can be tight against the exterior 118 of the base 102 if a material comprising elastic properties is used to make the pouch 150, 160. Then, the gap between the exterior 118 of the base 102 and the pouch 150, 160 can be created by stretching the pouch 150, 160 when the arm is inserted into the pouch 150, 160. In this manner, the pouch 150, 160 is configured to prevent the baby's arm from flailing about freely.

[0033] Another goal of the present invention can be to prevent the baby from reaching his or her face with his or her hands. Thus, the baby can move his or her hands in a limited way along his or her body, for example, from the waist to the stomach and up to the chest. However, the pouch 150, 160 restricts movement of the baby's hands and arms away from the body, as in a flailing motion. As such, the pouch 150, 160 can encompass the chest region 174, 176 and abdomen region 178, 180 of the base 102. Preferably, however, the baby will not be able reach up past the collar bone or shoulder area and into the face. This can be accomplished by fastening the pouch 150, 160 to the base 102 in a general path from the hip region 182, 184, up towards the stomach region 178, 180, through the chest region 174, 176, then towards the shoulder region 170, 172 and behind towards the scapula region 186, 188, down along the trapezius region 190, 192, and back to the hip region again 182, 184. In some embodiments, the pouch 150, 160 may be fastened to the base 102 along the shoulder region 170, 172 from the neck line 194 to towards the shoulder to prevent the baby's hands from going towards the back side 114 over the shoulder. If a specific restriction of movement is desired, the pouch 150, 160 could be tailored to restrict movement to a certain area.

[0034] In some embodiments, the pouch 150, 160 can be multiple pieces. For example, the pouch 150, 160 can comprise a front panel 200 and a back panel 202. The front panel 200 can be fastened along the hip 182, 184, abdomen 178, 180, chest 174, 176, and shoulder 170, 172 areas. The back panel 200 can be fastened to the shoulder 170, 172, scapula 186, 188, trapezius 190, 192, and hip areas 182, 184 to close the loop. Thus, the height of the pouch 150, 160 can extend from the shoulder 170, 172 to the hip 182, 184 of the baby.

[0035] With reference to FIG. 4, on the front side 112 of the garment 102, the width of the pouch 150, 160 can extend from the side 108, 110 of the baby garment 102 up to the midline 198 of the garment 102 or up to the main opening 120 of the garment 102. In some embodiments, the pouch 150, 160 may extend from 50%-99% of the distance to the midline 198 of the garment 102 from the side 108, 110. In some embodiments, the pouch 150, 160 can extend less than 50% of the distance to the midline 198 from the side 108, 110. In some embodiments, the pouch 150, 160 can extend less than 40%, 30% or even 20% of the way to the midline 198 of the garment 102 from the side 108, 110. The shorter the width of the pouch 150, 160, the more restrictive the pouch 150, 160 becomes for the baby. In some embodiments, the width of the pouch 150, 160 may be sufficient only to accommodate the arm of the baby when the arm is positioned along the side of the baby.

[0036] In some embodiments, the attachment of the pouch 150, 160 to the base 102 on the front side 112 may be contoured. Specifically, the portion of the pouch 150, 160

attached to the base 102 at the chest area 174, 176 may be closer to the midline 198 of the base 102 than the portion of the pouch 150, 160 attached to the base 102 at the shoulder area 170, 172 and the hip area 182, 184. As such, the seam 204, 206 connecting the pouch 150, 160 to the base 102 on the front side 112 may start on the shoulder 170, 172 near the neckline 194 then move towards the midline 198 of the base 102 as the seam 204, 206 approaches the chest area 174, 176, then recede back towards the side 108, 110 of the base 102 as the seam 204, 206 approaches the hip area 182, 184 in a curved manner. Placing the seam 204, 206 of the pouch 150, 160 closer to the midline 198 at the chest area 174, 176 allows the baby to bring his or her arm up from the waist to the chest.

[0037] Because the arms are generally kept in the front, the width W2 of the pouch 150, 160 on the back side 114 need not be as extensive as the front side 112. In the preferred embodiment, the width of the pouch 150, 160 along the back side 114 can be less than 50% of the distance to the midline 198. More preferably, the width of the pouch 150, 160 along the back side 114 can be less than 40% of the distance to the midline 198. Even more preferably, the width of the pouch 150, 160 along the back side 114 can be less than 30%, 20%, or even 10% of the distance to the midline 198.

[0038] Preferably, the pouch 150, 160 is fastened to the base 102 via sewing. Thus, the pouch 150, 160 would be irremovable. In some embodiments, however, the pouch 150, 160 can be made removable by fastening the pouch 150, 160 to the base 102 using removable type fasteners, such as zippers, buttons, hook-and-loop fasteners, and the like.

[0039] The portion of the pouch 150, 160 fastened to the base 102 is referred to herein as the medial portion 210, 212 of the pouch 150, 160. The lateral portion 214, 216 of the pouch 150, 160 is the portion that generally parallels the side of the base 102 (or the side seam if there is one) and is located away from the midline 198. In the preferred embodiment, the lateral portion 214, 216 comprises a fastener 154, 164 to open and close the pouch 150, 160. Preferably, the fastener 154, 164 is a zipper. More preferably, the fastener 154, 164 is a two-way zipper with two zipper pulls 154a, 154b or 164a, 164b per fastener 154, 164 per side to provide options for where to close the pouch 150, 160 and to allow for discrete areas of the pouch 150, 160 to be open without having to open the pouch 150, 160 completely. Other fasteners can be used to accomplish the same features, such as hook-and-loop fasteners, buttons, and the like. By having fasteners that can independently open and close from either end, the garment 100 can have a partially opened (or partially closed) configuration. This will allow the baby's arms to be extended, and the pouch can be closed up to the baby's armpit area.

[0040] Although having the fastener 154, 164 along the lateral portion 214, 216 of pouch 150, 160 is preferred, the same goals can be accomplished with the fastener 154, 164 along the medial portion 210, 212 of the pouch 150, 160 on the front side 112 or the back side 114. For example, the fastener 154, 164 can run from approximately the hip area 182, 184 to the shoulder area 170, 172, either along the front 112 or the back 114. Unfastening this portion will allow the pouch 150, 160 to open like a flap and the baby's arm can be free. However, the unfastened portion of the pouch 150, 160 can flap around freely, which could be annoying.

Therefore, in such embodiments, additional fasteners can be used to fasten the free flapping portion of the pouch to the opposite side, or rolled up and tucked away.

[0041] In some embodiments, the baby garment 100 can have sleeves 122, 124. For example, a first sleeve 122 can be attached to the first side 108 at the first arm hole 140, and a second sleeve 124 can be attached to the second side 110 at the second arm hole 142. Thus, the first arm hole 140 is continuous with the first sleeve 122 and the second arm hole 142 is continuous with the second sleeve 124, allowing the baby to insert his or her first arm through the first arm hole 140 and into the first sleeve 122, and his or her second arm into the second arm hole 142 into the second sleeve 124.

[0042] The first pouch 150 is, therefore, configured to enclose the first sleeve 122 within the first pouch 150, and the second pouch 160 is configured to enclose the second sleeve 124 within the second pouch 160. When the pouches 150, 160 are in the open configuration, the sleeves 122, 124 protrude from their respective pouches 150, 160. Thus, the baby's arms are unrestricted and free to move about. To minimize loose portions of the pouch 150, 160 from flapping about, or for aesthetic reasons, the pouches 150, 160 can be closed up to the baby's armpits. This partial closure of the pouches 150, 160 gives the baby garment 100 a natural appearance and makes the existence of the pouches 150, 160 less conspicuous, and possibly decorative. In some sense, it appears as if the baby is wearing a vest. The gap between the pouch 150, 160 and the exterior 118 of the base 102 is sufficiently large to encompass the entire sleeve 122, 124 and the baby's arm. When the pouch 150, 160 is fully closed, the arm is partially restrained inside the pouch 150, 160. Although the baby's arms can move within the pouch 150, 160, the baby's arm cannot exit the pouch 150, 160. Thus, the baby's arm remains trapped between the pouch 150, 160 and the exterior 118 of the base 102.

[0043] In some embodiments, the baby garment 100 can further comprise pant legs 126, 128 to cover the baby's lower half of the body. For example, a first pant leg 126 can be operatively connected to the bottom 106 adjacent the first side 108, and a second pant leg 128 can be operatively connected to the bottom 106 adjacent to the second side 110. The main opening 120 of the baby garment 100 can extend from the neck line 194 of the baby garment 100 down one or both of the pant legs 126, 128 to the feet to facilitate easy removal of the garment. For safety purposes a cover 199 can be placed adjacent the neckline 194 to cover the fastener 136 so as not to injure the baby.

[0044] In an alternative embodiment, the main opening 120 may be at the bottom of the garment 100, with the garment 100 put onto the baby over its head, and pulled down around its feet, with a "sack" that covers the legs and feet (replacing any pant legs 126, 128), referred to herein as a leg sack, wherein the main opening 120 closes at the bottom below the feet with a zipper or other suitable closure. The leg sack may be roomy enough to allow free movement of the baby's legs, while the closure prevents the baby from kicking off the leg sack. Alternatively, the leg sack could be restrictive to simulate a traditional swaddle. The baby's arms may be inserted into the garment 100 as explained above. In such an embodiment the main opening 120 need not be located at the baby's torso, allowing the separate pouches 150, 160 to be connected, allowing the baby to touch its own hands, or the pouches 150, 160 could be separated as detailed above. Such an embodiment may be beneficial at

bedtime, when the baby does not need to use his or her legs (or for very young infants), and keeping the legs together in an enclosed leg sack may keep them warmer than the individual pant legs 126, 128. Another advantage to such an embodiment is that the baby's diaper could be changed without removing the garment from the baby's upper body, by simply unzipping the main opening 120, and sliding the leg sack above the diaper for a change.

EXAMPLE

[0045] In the preferred embodiment, the baby garment 100 is a one-piece garment with a pair of pouches 150, 160 along the sides 108, 110 of the garment 100. The garment 100 can be short sleeve, long sleeve, sleeveless, short pants, long pants, pant-less, or with a "leg sack," and any combination thereof.

[0046] The baby garment 100 is preferably made with a soft, stretchable fabric, such as knit cotton. Preferably the garment is made of 100% cotton, but can also contain a small amount of polyester or elastane (spandex), such as Lycra®, to allow for stretching. The attached pouches 150, 160 can be made of the same material and composition as the base 102, or any other material and composition used to make baby clothes.

[0047] In the preferred embodiment, the baby garment 100 can be made from cotton elastane fabric, which helps to reduce the risk of overheating compared to multilayer swaddles that can get bulky and frustrating to deal with. In some embodiments, the baby garment 100 can comprise approximately 95% cotton and approximately 5% elastane. Due to the flexibility of the garment 100, the baby can move quite a bit in the garment (arms down or arms heart), but are still sufficiently restrained.

[0048] Due to the stretchiness of the material, the baby garment 100 is hip healthy because the material is stretchy and the baby can move freely when pouches 150, 160 are open. When the pouches 150, 160 are closed the baby can move the legs, hips, head freely, and only the arms are restricted. However, the level of restraint is not so extreme as to prevent movement the way a straitjacket was intended to prevent movement. The goal is to prevent the baby's arms from flailing or flinching in a manner that would awake the sleeping baby. Thus, although the baby may flinch during sleep, the movement of the flinching action is minimized by the pouches so as to reduce the probability that the baby will awake from sleep.

[0049] The foregoing description of the preferred embodiment of the invention has been presented for the purposes of illustration and description. It is not intended to be exhaustive or to limit the invention to the precise form disclosed. Many modifications and variations are possible in light of the above teaching. It is intended that the scope of the invention not be limited by this detailed description, but by the claims and the equivalents to the claims appended hereto.

INDUSTRIAL APPLICABILITY

[0050] This invention can be industrially applied to the development, manufacture, and use of a baby garment having pouches that are capable of restraining movement of a baby's arm, like a swaddle. When the pouches are open, the baby's arms are free to move about through a natural range of motion. The baby's arms can be closed inside the

pouch, restricting the movement of the arms to prevent or reduce faling or flinching arms, which allows the baby to sleep and not wake him or herself.

What is claimed is:

1. A baby garment, comprising:
 - a) a base having a top, a bottom opposite the top, a first side, a second side opposite the first side, a midline centrally located between the first side and the second side, a front, and a back, the top, bottom, first side, second side, front, and back defining an interior of the base and an exterior of the base, the base having a main opening to access the interior of the base;
 - b) a first arm hole on the first side adjacent to the top;
 - c) a second arm hole on the second side adjacent to the top;
 - d) a first pouch operatively connected to the first side adjacent to the top and overlapping with the first side and the first arm hole; and
 - e) a second pouch operatively connected to the second side adjacent to the top and overlaps with the second side and the second arm hole.
2. The baby garment of claim 1,
 - f) wherein the first pouch defines a first opening providing access to the first arm hole, the first pouch comprising a first fastener to close the first pouch and block access to the first arm hole; and
 - g) wherein the second pouch defines a second opening that provides access to the second arm hole, the second pouch comprising a second fastener to close the second pouch and block access to the second arm hole.
3. The baby garment of claim 2, further comprising:
 - h) a first sleeve attached to the first side at the first arm hole; and
 - i) a second sleeve attached to the second side at the second arm hole.
4. The baby garment of claim 3,
 - j) wherein the first pouch is configured to enclose the first sleeve within the first pouch; and
 - k) wherein the second pouch is configured to enclose the second sleeve within the second pouch.
5. The baby garment of claim 4, further comprising:
 - l) a first pant leg operatively connected to the bottom adjacent the first side; and
 - m) a second pant leg operatively connected to the bottom adjacent to the second side.
6. The baby garment of claim 2, wherein the first and second pouches comprises cotton and elastane.
7. The baby garment of claim 2, wherein the first and second pouches comprises cotton and polyester.
8. The baby garment of claim 2, wherein a portion of the first pouch extends at least 25% of a distance from the first side to the midline.
9. The baby garment of claim 2, wherein the first and second pouches cover a chest region of the base.
10. The baby garment of claim 2, wherein the first and second pouches are fastened to the base at respective hip regions, chest regions, and shoulder regions on the front.
11. The baby garment of claim 10, wherein the first and second pouches are fastened to base at respective scapula regions and trapezius regions on the back.
12. A method of swaddling a baby, comprising:
 - a) placing a baby into a baby garment comprising:
 - i) a body having a top, a bottom opposite the top, a first side, a second side opposite the first side, a front, and a back, the top, bottom, first side, second side, front, and back defining an interior of the body and an exterior of the body, the body having a main opening to access the interior of the body;
 - ii) a first arm hole on the first side adjacent to the top;
 - iii) a second arm hole on the second side adjacent to the top;
 - iv) a first pouch attached to the first side adjacent to the top and configured to block access to the exterior from the interior through the first arm hole; and
 - v) a second pouch attached to the second side adjacent to the top and configured to block access to the exterior from the interior through the second arm hole.
 - b) inserting a first arm of the baby through the first arm hole;
 - c) inserting a second arm of the baby through the second arm hole;
 - d) closing the first pouch with the first arm of the baby enclosed the first pouch; and
 - e) closing the second pouch with the second arm of the baby enclosed within the second pouch, whereby the baby is swaddled for sleep.
13. A method of producing a convertible baby garment for swaddling, comprising:
 - a) creating a first pouch having a first fastener;
 - b) creating a second pouch having a second fastener;
 - c) fastening the first pouch onto a baby garment, the baby garment comprising a base having a top, a bottom opposite the top, a first side, a second side opposite the first side, a front, and a back, wherein the top, bottom, first side, second side, front, and back defines an interior of the base and an exterior of the base, the base having a main opening to access the interior of the base, and a first arm hole on the first side of the base adjacent to the top and a second arm hole on the second side of the base adjacent to the top, wherein the first pouch is fastened to the baby garment around the first arm hole; and
 - d) fastening a second pouch onto a second side of the baby garment around the second arm hole, whereby the convertible baby garment is produced, wherein when the first and second pouches are in an open configuration, the convertible baby garment is an active wear, and when the first and second pouches are in a closed configuration, the convertible baby garment is converted into a sleepwear.
14. The method of claim 13, wherein the first fastener and the second fastener are each two-way zippers.
15. The method of claim 13, wherein the first pouch and the second pouch are sewn onto the base.

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