

## SKIN to SKIN

*A newborn's first hug the way Nature intended.*

“Skin to Skin” is simple, free, and has lasting benefits. Breastfeeding or not, skin to skin is the very best start you could give your baby in life! Your nurse will encourage skin-to-skin time during the first hour after birth and continued skin-to-skin throughout your stay at the Family Birth Center and at home.

### What is skin-to-skin?

Skin-to-skin simply means placing your undressed baby belly-down on your bare chest so that your baby can feel your skin, hear your heartbeat, and breathe in your familiar smell.

### Skin-to-skin helps babies...

- **Adjust to life outside the womb** by helping to maintain breathing, heart rate, and blood pressure. It also elevates low blood sugar which can result from a stressful or long delivery.
- **Stay warmer** because birth hormones help mom's body adjust baby's body temperature perfectly.
- **Establish and maintain successful breastfeeding** by allowing you to recognize and respond to early feeding cues. Nursing in the first hour of life is proven to help long-term breastfeeding.
- **Stay healthy** by providing immunity against allergies and infections. It also reduces feeding problems.
- **Stay happy** by helping your baby feel more secure and cry less. What a gift of peace and comfort for your baby!

### Partners can do skin-to-skin, too

Babies love to be cuddled skin-to-skin with their father or mother's partner when mommy is busy. Studies show babies held close to their father's bare chest cry less and calm easier. Your nurse will help you and your partner initiate this special time. It can be life-changing!



### Skin-to-skin is supported by healthcare professionals

Skin-to-skin is evidence-based. The American Academy of Pediatrics states that healthy infants should be placed and remain in direct skin-to-skin contact with their mothers immediately after delivery until the first feeding is accomplished.