

# SKIN-TO-SKIN CARE



## WHAT IS SKIN-TO-SKIN?

- Skin-to-skin is the first and best kind of care that mothers and fathers can provide to their newborns.
- Your baby can be snuggled on your chest, skin-to-skin, immediately after birth in most uncomplicated deliveries.
- Both full term and preterm infants can benefit from skin-to-skin care.
- Skin-to-skin care is one of the best ways to start baby's life.

## GETTING STARTED:

- Immediately after delivery, when able.
- Your nurse will help position your baby on your chest.
- You will be given time to cuddle and bond with your baby. Enjoy this precious time together.
- If mothers are unable to provide skin-to-skin after delivery then fathers can wear a shirt that opens in the front and provide the initial skin-to-skin bonding.

## BENEFITS FOR BABY:

- Parent and infant bonding.
- Prepares baby to breastfeed naturally.
- Helps regulate breathing, heart rate, body temperature, and blood sugar.
- Improves weight gain.
- Improves brain development.
- Prolongs breastfeeding.

## BENEFITS FOR PARENTS:

- Increases bonding with baby.
- A greater sense of control for baby's health.
- Helps parents overcome the feelings of separation.
- Increases production of breastmilk for moms.
- Increases the likelihood of breastfeeding success.

