



SKIN TO SKIN CONTACT

WHAT IS IT

Immediate Skin to Skin Contact is the practice where a baby is dried and then placed on their mother's bare chest immediately after birth.

BENEFITS TO MOTHER

- Improves breast milk production
- A More positive breastfeeding experience
- Assists with bonding and mom-baby communication
- Reduces postpartum bleeding
- Lower risk of postpartum depression

BENEFITS TO BABY

- Regulates baby's heart rate and breathing helping them adapt to life outside of the womb
- Stimulates digestion and an interest in eating
- Regulates body temperature
- Increases success at breastfeeding



3 SIMPLE STEPS

1. Have someone place your naked baby on your bare chest so the two of you are nestled chest-to-chest.
2. Turn your baby's face sideways in a position that keeps the airway open.
3. Remain this way for at least an hour or more before testing, weighing, and measuring.

IT'S NEVER TOO LATE FOR SKIN TO SKIN CONTACT

If you are unable to have skin to skin contact immediately after birth, start the process as soon as it's an option - whether that's in the recovery room, the NICU, or back at home. Skin to Skin can also happen with the baby's father or other family members.