

Skin-to-Skin Care for Your Newborn

Your decision to keep your baby close to you, skin to skin, makes the most of the time immediately following delivery. We understand how important these first moments are to you and your baby. We are here to provide you with the support you need to have this valuable time with your baby.

Benefits for your baby:

- Stays warmer
- Becomes calmer, cries less
- Hears your heartbeat and voice
- Stabilizes his or her heart, breathing, and blood sugar
- Provides an earlier opportunity to breastfeed

Benefits for you:

- Helps you feel calmer
- Increases bonding with your baby
- May reduce postpartum anxiety or depression
- Increases your milk production

These are just some of the many benefits that result from holding your baby skin to skin immediately after delivery.



How does it work?

Immediately after birth, the nurse will quickly wipe the baby off and place your naked baby against your chest between your breasts. To get the full benefits of skin to skin, the baby will not be wrapped in a blanket, but rest against your bare chest. You and your baby will be covered in a warm blanket. Most procedures and checks can be done while the baby is being held skin to skin. If there are medical reasons that might delay or interrupt skin-to-skin care, the staff will keep you informed of when you can hold your baby.

How can my husband/partner help?

Immediately following delivery, your husband/partner can help by placing a hand on the baby's back to make you both feel more secure. If there are times when you feel uncomfortable or have to move from the bed, your husband/partner can hold the baby skin to skin. Although most of the studies done on skin-to-skin care report the effects on the mother and baby, fathers benefit too.

What mothers say about skin to skin:

"I noticed that as soon as they put him on my chest he got quiet and stopped crying and he seemed comfortable. And that made me comfortable, too."

"I love that we connected."

"The moment of getting your baby on your chest for the first time, you cannot change it for anything."