



What are the benefits of “Skin-to-Skin” contact for my baby and me?

*The time following your baby’s birth is a special experience and one you will always cherish. Our goal is to **always** provide the highest level of care for you, your baby and your family.*

*To achieve this goal, we would like to share with you an exciting new change that you will experience during your hospital stay, **skin-to-skin** contact after your baby’s delivery.*

What is skin-to-skin contact?

- *Immediately after delivery, you will be able to hold your newborn. Your baby will be placed by the Doctor or the Nurse on your bare chest (**skin-to-skin**) for one hour. Your baby’s bath and medications will be delayed so that you may spend this special time bonding with your newborn.*

Why do you place the baby skin-to-skin after delivery?

The World Health Organization reports **skin-to-skin** contact between a mother and her newborn baby immediately after delivery:

- *reduces crying*
- *improves mother to infant interaction*
- *keeps baby warm and comfortable*
- *helps most babies breathe easier*
- *allows mothers to breastfeed more successfully*
- *is great for bonding with your baby*
- *when baby is allowed **skin-to-skin** contact and nestle against mom’s bare chest, her temperature, heart rate, and breathing rate are more stable and more normalized.*

The benefits of **skin-to-skin** contact last beyond the first hour after birth. The longer a mother and her newborn baby are **skin-to-skin** in the hours and days following delivery, the greater the benefits are for baby.

Can the father of the baby do skin-to-skin?

- *If there is a medical reason, such as a Caesarian Birth, that would prevent a mother from **skin-to-skin** contact immediately, the father of the baby can have **skin-to-skin** contact. Please make a request to the nurse if the father is interested in doing this.*

Do you have any questions?

- Please ask your doctor or nurse, we are happy to help.