



Hug Me from the Start

Skin to skin is a way of holding a newborn directly on mom's chest immediately after birth. It is the best way for a mom and newborn to get to know each other.





WHY DO SKIN TO SKIN:

Skin to skin allows your newborn to feel mom's heartbeat, hear her voice and smell her familiar scent while transitioning from birth.

Benefits for the newborn:

- Cry less
- Stay warmer
- Breastfeed better
- Regulates newborns heart rate, respiration's and blood sugars
- Reduces risk of allergies by exposure to mom's normal skin bacteria

Benefits for the mom:

- Get the first hug (bonding)
- Breastfeed sooner and more successfully
- Decreases mom's stress level
- Learn newborns cues
- Increases milk production

HOW TO DO SKIN TO SKIN

- Lay the newborn on his/her tummy on mom's bare chest
- Dry and remove all clothing from newborn (*can leave a diaper on*)
- Place a blanket over mom and baby for warmth
- Enjoy bonding time (*first hug*)

WHEN CAN'T SKIN TO SKIN BE DONE?

If separation of the mom or newborn are medically necessary.