



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.