

# SKIN TO SKIN CARE



In order to do Skin-to-Skin,  
follow these steps:

- 1** Undress baby down to a diaper and place them on your bare chest.
- 2** Position baby with their head turned to the side so they can breathe easily.
- 3** Cover both of you with a blanket, being careful not to cover baby's nose or mouth.

## Benefits for Baby

Enhances ability to digest and absorb nutrients

Improves brain development

Regulates body temperature

Decreases crying

Helps baby transition to life outside of the womb

Regulates breathing, heart rate, and blood sugar

## Benefits for Mom

Lowers risk of postpartum mood disorder

Increases bonding with baby

Decreases bleeding after delivery

Increases milk supply

Improves breastfeeding success

## FREQUENTLY ASKED QUESTIONS

### *Do I have to be breastfeeding to hold my baby skin-to-skin?*

No. All parents and infants benefit from skin-to-skin contact regardless of feeding method. This is a great way for parents to bond with their infant.

### *Do I stop doing skin-to-skin once I leave the hospital?*

No. It is encouraged to continue doing skin-to-skin once home with baby. This can be a great way to calm a fussy baby. Research has shown the benefits of skin-to-skin continue for months after birth.

### *Do I have to be the birth parent to do skin-to-skin?*

No. It is encouraged that all parents do skin-to-skin with their infant. This includes fathers and adoptive parents as well. Research has shown that only the mother can warm and cool the baby. Fathers can warm the baby, but not cool them down if they get too hot.

### *How soon should I place my baby skin-to-skin?*

It is recommended that healthy full-term infants be placed skin-to-skin within the first hour following birth.

