

# *Skin to Skin*

is the best place to begin.



Your bare skin is the best place for your baby to adjust to life in their new world. Skin-to-skin contact means holding your bare baby against your bare chest or tummy. This is a place of comfort since your baby can smell you, hear you, and can feel you. It's a great bonding experience between parent and baby. Babies held skin-to-skin stay warmer, are calmer and breastfeed better than babies who are swaddled or wrapped.



### **Skin-to Skin is easy. Follow this step by step process:**

1. Remove all of your baby's blankets and clothing. Leave diaper on if you wish.
2. Move clothing away from your chest or tummy and expose your bare skin.
3. Hold your baby on their tummy, facing you. Turn baby's head to one side.
4. Place them on your bare chest or tummy.
5. You can place a blanket over you and your baby for warmth.
6. Enjoy your bonding time.
7. When you are ready to sleep, place your baby in their crib, on their back.

### **Benefits for newborn:**

- Stays warmer
- Soothing /calming and reduces stress
- Cries less
- Helps to regulate baby's heartbeat and blood sugar levels
- Reduces risk of allergies (exposure to normal bacteria on mom's skin)
- Breastfeed better and longer

### **Benefits for mom:**

- Bonding time and getting to know your new bundle of joy
- Decreases mom's stress level
- Breastfeeding sooner and more successfully (more details below)
- Learn to read your baby's unique cues for hunger or stress

### **Skin-to-skin helps you breastfeed:**

- Your baby is more likely to have a successful first feeding at the breast
- Your baby may breastfeed sooner and longer
- Increases milk production
- Skin-to-skin can make it easier to breastfeed a sleepy baby

### **Partners and family:**

Your partner can also spend skin-to-skin time with your baby. Your partner and baby will experience many of the same skin-to-skin health benefits.

### **Benefits for dad /partner:**

- You will become central to the caring team
- Bonding with your baby
- You are calmer and reduces your stress
- You learn to read your baby's unique cues for hunger or stress

For questions or additional information, call **724-223-3220**

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