



skin to skin

Skin to Skin comes from the practice of Kangaroo Care for the NICU infants. Research shows that healthy newborns receive the SAME benefits as premature or sick infants.

Skin to Skin helps your new baby adapt to life outside of the womb. Everything is new and stimulating after birth, and your infant is calmer and less stressed when held on your bare chest. Since your infant is used to hearing your voice and heartbeat, holding your baby this way also allows your infant to get to know you through your touch and the scent and feel of your skin.

Importance of *skin to skin*:

For the infant:

- Cry less
- Sleep better
- Breathing rate is slower
- Heart rate is lower
- Maintain the right body temperature
- Have higher blood sugars
- Feel less pain
- Gain weight
- Establishes the infant gut with same bacteria as their mother's

For the mother:

- Increases confidence in mothering skills
- Learn how to respond to infant's needs

For the dad:

- Increases bonding with infant
- Increases confidence in caring for infant

How to:

Undress your baby down to his or her clean, dry diaper. Place the baby's chest against mom's chest and cover them both with a blanket. This practice is strongly encouraged for dad's too.

Additional benefits for breastfeeding mothers and infants:

For the infant:

- Breastfeeds better and more often

For the mom:

- Make more breast milk
- Produce antibodies (cells that fight germs) and passes them through the milk
- Learn baby's feeding signs early on
- Release of hormones when nursing that makes you feel relaxed