

Holding your baby skin-to-skin has many benefits for both parents and baby. Here's how to do it: Place your baby wearing only a diaper, with his/her tummy on your (or your partner's) bare chest. If you wish you can then place a light blanket over you and baby.



Your bare chest is the best place for your baby to be. Healthy babies should be placed skin-to-skin as soon as possible after birth for at least an hour to help your baby adjust to the new environment.

When your baby is skin-to-skin, they can hear you, smell you and see you. Skin-to-skin can help you get to know each other. Premature babies, babies on ventilators, and those delivered by C-section also benefit from skin-to-skin.

As your baby grows continue to cuddle your baby skin-to-skin. Skin-to-skin releases hormones in both the baby and parent that improve mood and bonding.

Benefits for baby:

- cries less and is calmer
- stays the right temperature
- stabilizes blood sugar, heart rate and breathing
- protects baby with your good bacteria
- breastfeeds better

Benefits for parents:

- reduces stress
- increases bonding and attachment
- helps parents know when baby is getting hungry
- helps parents gain confidence in caring for their baby
- helps mothers with breastfeeding
- improves mother's milk supply

If you are feeling tired while holding your baby skin-to-skin, place your baby in a safe sleep environment.

Questions or concerns?

Talk to a Public Health Nurse at 519-575-4400 or call Telehealth Ontario at 1-877-797-0000 for 24/7 breastfeeding support.

For more information

Visit our website:

www.regionofwaterloo.ca/breastfeeding

Watch our breastfeeding videos:

Skin-to-Skin

<http://bit.ly/SkinToSkinNewborn>

This document is available in accessible formats upon request.

**Region of Waterloo Public Health
and Emergency Services**

Healthy Living

www.regionofwaterloo.ca/ph

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