Hold me in my Birthday Suit

Skin-to-Skin gives your baby the best start for life.

Benefits for Baby
- Cries less and is calmer
- Stays warmer
- Stabilizes blood sugar, heart rate, and breathing
- Protects your baby with your good bacteria
- Breastfeeds better

Benefits for Parents
- Reduces stress
- Increases bonding and attachment
- Helps parent know when baby is getting hungry
- Helps parents gain confidence in caring for their baby
- Helps mothers with breastfeeding
- Improves mother’s milk supply

For more information, contact the Region of Waterloo Public Health at 519-575-4400 and ask to speak with a Public Health Nurse.
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