

## Cuddling Your Baby: Skin To Skin

Holding your baby “skin to skin” is a wonderful way to help him adjust to his new world. This is a most rewarding way for parents to bond with their babies!

Other benefits include:

- Baby’s heart rate, breathing and temperature regulate more quickly
- Stress hormone levels decrease – in mom and baby
- Babies gain weight more rapidly
- Helps reduce crying and colic
- Improves baby’s overall health
- Improves baby’s sleep time and quality
- Mom’s who are breastfeeding or pumping milk for their baby notice better milk production

### How do I position baby skin to skin?

Baby is dressed in diaper only and held between the mother’s breasts or on father’s chest. Mom has no bra or other clothing between herself and baby.

Hearing mom’s voice, heart beat and breathing rhythm is comforting and reassuring.



Mom’s chest temperature changes to meet her baby’s needs, rising if the baby is cold and decreasing as the infant becomes warm.

### Premature babies

It is good for premature babies to be held skin to skin for at least an hour at a time.





# PROHEALTHY

Education for our patients and families

Your baby's temperature, blood pressure, heart rate, oxygen levels and breathing respond to this contact with their mom. The premature baby that is held skin-on-skin regularly will gain weight faster.

**At Birth** - Babies can be placed directly on their mom's chest right after birth when they are most alert. This will help the baby's vital signs and reducing stress hormone levels. This is true also after any procedure such as drawing blood or circumcision.

**At Home** - You can continue to enjoy holding baby skin to skin, fostering the bond between you, comforting your baby and helping your baby grow.



PROHEALTH CARE

Please call your doctor for any questions or concerns you may have regarding this information.

*The information in this handout is not meant to replace the advice from your own doctor. Please ask your doctor any questions you may have. This educational material was developed by a team of experts from throughout ProHealth Care.*

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