there’s no hug like the first

skin to skin benefits

- Improves baby’s vitals and blood sugars
- Helps mother/baby bonding
- Boosts baby’s immune system
- Helps recovery after C-section
- Improves milk supply

Talk to your health professional about skin to skin contact
Skin to skin contact means having baby placed on mother’s bare chest and covered with a dry blanket. Contact should be immediately after birth and uninterrupted for at least 1 hour.

**the birth cry**
- at 0–1 minute
- Baby’s journey begins with a loud cry.

**relaxation**
- at 1–3 minutes
- Placed skin to skin, baby will relax.

**awakening**
- at 3–8 minutes
- Baby will begin to make small head and mouth movements, and may open their eyes.

**activity**
- at 8–35 minutes
- Baby will have increased mouthing, sucking, and rooting movements.

**familiarization**
- at 45–60 minutes
- Baby explores by licking, touching, and massaging the nipple.

**suckling**
- at 45–60 minutes
- Baby opens their mouth wide, latches on the nipple, and begins sucking.

**crawling**
- at 35–45 minutes
- Baby starts to seek out mother’s breast by making short pushing movements with their feet, and bobbing their head.

**resting**
- any time
- Any time between the other stages, baby will have moments of resting and will resume their journey when they’re ready.

Adapted from a pamphlet prepared by the Leeds, Grenville & Lanark District Health Unit, Ontario.