

Get to know your baby and let your baby know you

First Hug

Babies who room-in and are skin-to-skin get to:

- ♥ smell you
- ♥ hear you
- ♥ feel you
- ♥ nurse from you
- ♥ stay warm
- ♥ be calmed
- ♥ be loved by you

For a great start,
nurse your baby
in the first hour
of life and plan
on rooming-in.



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