

Skin-to-Skin: Our First Cuddle

Take the time to hold your baby skin-to-skin right after birth, for at least an hour. “Skin-to-skin” means your bare baby is placed tummy-down, directly on your bare chest. You will both be covered with a blanket. Your baby then smells you, hears you, feels you, gets to know you, stays warm and is loved and comforted by you.

All mothers and babies can have skin-to-skin contact, even if you require stitches or have a cesarean birth. Skin-to-skin is also important for low birth weight and premature babies.

Dads can snuggle too! Fathers can cuddle baby on their bare chest until Mom is ready.



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What is so good about holding your baby skin-to-skin?

- ♥ Satisfies baby’s natural craving to be close to you
- ♥ Steadies baby’s temperature, breathing, heart rate and blood sugar
- ♥ Calms baby and reduces crying
- ♥ Reduces stress in Mom and baby
- ♥ Encourages bonding between Mom and baby
- ♥ Promotes better breastfeeding
- ♥ Allows Mom to learn baby’s cues for feeding
- ♥ Helps Mom’s recovery after childbirth



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When making your birth plans, let your health care provider know that you want to hold your baby skin-to-skin in the early time after birth.

