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

the importance of the first hour

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**.



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 pamphiet prepared by the Leeds, Grenville & Lanark District Health Unit, Ontario