

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**.

