



Baby's First Hour

Skin to skin contact means having the baby placed on mother's bare chest.

Contact should be immediately after birth and uninterrupted for at least 1 hour or until the first feeding.

Suckling

About 1 hour after birth, baby opens their mouth wide, latches on to the nipple and begins suckling.

Familiarization

After reaching the breast, baby spends time exploring the nipple.

Crawling

Baby starts to seek out mother's breast by making short pushing movements with their feet, lifting their upper torso and bobbing their head.

Resting

Anytime between the other stages, baby will have moments of resting and will resume their journey when they are ready.

The Birth Cry

Baby's journey begins with a loud cry and their arrival.

Relaxation

Place baby skin-to-skin, baby will relax.

Awakening

Baby will begin to make small head and mouth movement and may open their eyes.

Activity

Baby will have increased mouthing, suckling, and rooting movements.

