



Skin-to-Skin

Skin-to-skin contact means having baby placed on mother's bare chest. Contact should be immediately after birth and uninterrupted for at least one hour.

BENEFITS

- Stabilizes baby's vital signs: heart rate, breathing, blood sugar, body temperatures.
- Baby is able to hear the mother's heart beat, breathing, and smell and feel her skin, which is very comforting.
- Promotes interaction and bonding with the baby.
- Increases mother's confidence and relaxation which stimulates milk production.
- Promotes early establishment of proper latch and feeding, which means that mom is less likely to have sore nipples and baby will get more milk.
- Baby's are more likely to breastfeed exclusively.

DID YOU KNOW

As soon as your baby is born, routine practices like the Vitamin K injection, Erythromycin eye drops along with other practices can be done on mother's chest after vaginal or caesarean birth.