



Skin-to-Skin Contact

Parents and Babies Belong Together!

- Ask for your baby to be placed skin-to-skin with you right at birth.
- Most babies are then ready to breastfeed within the first hour or two.
- Continue to hold your baby skin-to-skin frequently during the first weeks.

Benefits of Skin-to-Skin

- ✓ Easier adjustment for your baby
- ✓ Easier to bond with your baby
- ✓ Easier to learn breastfeeding

PLUS, it helps regulate your baby's

- ✓ Temperature
- ✓ Blood Pressure
- ✓ Heart Rate
- ✓ Breathing
- ✓ Blood Sugar Levels



**DID YOU
KNOW?**

It's normal for babies to lose some weight in the first few days of life.

Rooming-In

- Ask that you and your baby stay in the same room, day and night, for your entire hospital stay, unless a medical procedure requires separation.
- Plan to have another adult stay in your hospital room with you.

Benefits of Rooming-In

- ✓ Less crying for your baby
- ✓ More rest, more sleep
- ✓ Encourages infant weight gain
- ✓ Easier to recognize infant cues
- ✓ Easier and faster bonding
- ✓ Easier and faster milk production
- ✓ Improves parenting confidence