

Benefits of Skin to Skin Contact with Newborns

Boosts Baby's Mental Development

- Stabilizing heart rate, oxygenation and improving sleep, the brain is better able to develop

Help Baby Adapt

- Since your skin is the same temperature as the womb, the baby will find it easier to adapt to her post birth environment

Promotes Healthy Weight

- When babies are warm, they don't use their energy to regulate their body temperature. They can then use that energy to grow

Makes Breastfeeding Easier

- Newborns have a heightened sense of smell, so placing your baby skin to skin helps them seek out the nipple and begin breastfeeding

Helps You Make More Milk

- When mom and baby are together, hormones that stimulate lactation are produced helping milk production

Baby Sleeps Better

- Less stress= better sleep! Skin to skin helps babies sleep deeply and wake less often

Helps Prevent Postpartum Depression

- Oxytocin released from skin to skin care decreases maternal anxiety and promotes attachment

Promotes Bonding with Dad

- From their time in the womb, babies recognize their fathers' voice. Babies find skin to skin contact with Dad calming and helps them bond