

Doing Skin-to-Skin Safely

Uninterrupted skin-to-skin care for at least the first hour (and continuing for as long as possible), provides numerous benefits to mothers and infants:

- ♥ Stabilize newborn temperature
- ♥ Improve breastfeeding success
- ♥ Decrease stress
- ♥ Provide cardiovascular stability
- ♥ Aid in the neurodevelopment of baby
- ♥ Enhance bonding with parents

Safe Positioning for Skin-to-Skin Contact

Mom:

- ♥ A little upright, not flat, comfortable bed/chair

Baby:

- ♥ Face can be seen
- ♥ Head is in 'sniffing' position
- ♥ Nose and mouth are visible and not covered
- ♥ Head is turned to one side
- ♥ Neck is straight, not bent
- ♥ Shoulders are flat against Mom
- ♥ Chest-to-chest with Mom
- ♥ Legs are flexed
- ♥ Cover the back with blankets
- ♥ Avoid distractions while baby STS or while baby is feeding

