



## Skin-to-Skin is the Healthiest Place to Begin

**Skin-to-skin contact has many benefits for both you and your baby.**

**Mothers:**

- interact and bond with baby
- gain confidence and relaxation which stimulates milk production and let down
- early establishment of proper latch which helps with breastfeeding
- decreases level of stress hormones

**Babies:**

- stabilizes heart rate, breathing, blood sugar and body temperature
- comforted by mom's heart rate, breathing, and smell and feel of her skin
- more likely to breastfeed exclusively
- protection from some infections

[www.hpepublichealth.ca](http://www.hpepublichealth.ca)





## Babies Love Skin-to-Skin Contact

Your bare chest is the best place for your baby to adjust to life outside the womb. Your baby smells you, hears you, feels you and gets to know you.

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Skin-to-skin babies stay warmer, calmer and breastfeed better than babies who are swaddled or wrapped.

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### How to enjoy skin-to-skin with your baby:

1. Take off baby's blankets and clothing. Leave a diaper on.
2. Move clothing away from your chest and tummy.
3. Hold baby, facing you, against your chest or tummy.
4. You can put a blanket over you and baby.
5. Enjoy the closeness and bonding with baby.

