

Skin-to-Skin is the Healthiest Place to Begin



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.

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

How to enjoy skin-to-skin:

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.