

BACK TO BASICS

Skin-to-Skin Contact: First Hour of Life (Golden Hour) & Beyond

Aim for a minimum of uninterrupted 60–90 minutes per holding session, several times a day.

BENEFITS

NEWBORN

- Promotes thermoregulation
- Calmer, cries less
- Stabilizes heart rate, breathing and blood sugar
- Provides opportunity to breastfeed
- Hears the heartbeat and voice of the holder

HOLDER

- Has a calming effect
- Enhances bonding
- May reduce postpartum anxiety or depression
- Increases milk production

SAFE POSITIONING FOR SKIN TO SKIN

NEWBORN

- Head is upright and a little tilted back
- Head is turned to one side, face can be seen
- Shoulders are flat against the holder
- Legs are flexed
- Cover from shoulders down with a blanket

HOLDER

- Must be awake and alert
- Position semi-reclined in a bed or chair
- Newborn's face visible
- Minimize distractions such as cell phone



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