

First Hug From Mommy

What is “Skin to Skin”?

Skin to skin means your baby is placed belly-down, directly on your chest right after he / she is born. The care provier dries her off, puts on a hat and covers her with a warm blanket and gets her settled on your chest. The first hours of snuggling skin to skin let you and your baby get to know each other. There are also many important health benefits.

If the baby requires any special medical attention, he / she may need to meet the pediatrician or neonatal staff first. If you require any special medical attention or recovery time after your delivery, as soon as it is possible, you can unwrap your baby and cuddle. Newborns need skin to skin contact, but it is sometimes overwhelming for the new moms. It is okay to start slowly as you get to know your baby.

Benefits for babies held skin to skin after birth:

- More stable temperatures
- Cry less.
- Smoother transition.
- More stable blood sugars
- Breastfeed sooner, longer and more easily
- Lower levels of stress hormones
- Increases bonding
- Exposed to the normal bacteria on the mother’s skin, which may protect them from becoming sick due to harmful germs.

“Rooming In”

After labor and delivery of your newborn, it is common to feel unbelievably tired. Although it can be tempting to send your baby to the nursery so you can get sleep, research shows that you are likely to get just as much sleep with your baby in your room as you would if your baby were in the nursery. It is proven, babies who go to the hospital nursery at night cry more and are more likely to have trouble breastfeeding than babies who room-in with their mothers. Rooming-in with your baby makes it easier for you to respond to his / her needs.

Babies who room-in and are skin to skin get to:

- Smell you
- Hear you
- Feel you
- Nurse from you
- Stay warm
- Be calmed and loved by you