

### **Early Skin to Skin Contact with Your Baby because:**

- Your baby is calm when he hears your heart beat and voice.
- Your baby stays warm with the heat from your body.
- Skin contact helps your baby to regulate his heartbeat and breathing.
- You can touch and stroke your baby and get to know him.
- Breastfeeding gets off to a good start when baby can take his time to attach to your breast.
- Your baby's contact with your breast helps your womb to contract reducing the risk of bleeding.
- You worry less when you can see your baby is safe with you.

### **Skin to skin contact is encouraged for all mothers and babies.**

If you or your baby are unwell after birth, you can start skin to skin contact when you are both ready.

After a caesarean section, baby can rest skin to skin on his father's chest while waiting for you to wake up. Resting on father's chest is also good while you are taking a shower or not available.

Some babies may want to suck immediately, however some babies may take an hour or more to get organised. During this time baby may nuzzle or lick the breast or just rest on your chest.

Baby usually can be examined while he is lying on your tummy, calm and quiet. Weighing and dressing can be done after you have time together skin to skin.

### **Skin to skin contact is good for both mothers and babies**