

Safe Position for Skin-to-Skin Contact

Skin-to-skin contact is a method of nurturing care, where baby is undressed and held in a safe position, bare chest to bare chest.

How to get started:

- ❑ Sit in a semi-reclined position, not flat
- ❑ Baby is in an upright chest-to-chest position
- ❑ Baby's head is turned to one side, sniffing position
- ❑ Baby's face can be seen by parent
- ❑ Baby's nose and mouth are uncovered
- ❑ Baby's trunk and neck are straight
- ❑ Baby's shoulders are flat against parent's chest
- ❑ Baby's legs and arms are flexed, in a frog-like position
- ❑ Avoid distractions, such as cell phones, while baby is skin-to-skin or while baby is feeding



Uninterrupted skin-to-skin contact after birth for at least the first hour (and continuing for as long as possible), provides numerous benefits:

Benefits for baby:

- Cries less and is calmer
- Stays warmer
- Stabilizes blood sugar, heart rate and breathing
- Protects your baby with your good bacteria
- Breast/chest feeds better

Benefits for parents:

- Reduces stress
- Increases bonding and attachment
- Helps parent know when baby is getting hungry
- Helps parents gain confidence in caring for their baby
- Helps with breastfeeding or chestfeeding
- Improves milk supply

It is normal for you to become sleepy or want to rest during skin-to-skin contact.

If you become sleepy while holding baby, someone else should keep watch over both of you to ensure baby remains safe. If no one is present, dress and place baby in their own crib, positioned on their back dressed or with a light blanket over them for warmth.