

THE BENEFITS OF *skin-to-skin*



1 IMPROVED HEART AND LUNG FUNCTION

Babies are more stable when they are held skin-to-skin.

2 STABILIZES BABY'S TEMPERATURES

Your body is more effective at keeping baby warm than a baby warmer!

3 REGULATES BLOOD SUGAR

Which helps baby have enough energy to learn how to breast feed.

4 ENCOURAGES BREASTFEEDING

A baby's natural instincts help them learn how to eat if they're in close contact.

5 PROMOTES BONDING

For mammals, touch is essential for survival. Skin to skin helps you and baby use all your senses for nurturing your new relationship.

6 REDUCES CRYING

A newborn's cry is a "separation distress call." Most babies stop crying when held skin to skin with a parent.

7 HELPS BABY TRANSITION

Babies have better neurobehavioral outcomes when held skin to skin.

8 TRANSFERS GOOD BACTERIA

Early exposure helps baby develop a healthy immune system.