



Breastfeeding
Committee
for Saskatchewan

www.thebcs.ca

Important:

Right next to you, skin to skin, your baby is safe, warm, feeling your heartbeat and smelling your skin.

Your baby may relax, breathe calmly and recover from birth better.

For further information contact:

Local Public Health Nurse

International Board Certified Lactation Consultant (IBCLC)

Local breastfeeding support Group

Saskatchewan HealthLine 811

Resources:

<http://www.magicalhour.com/aboutus.html>

<http://www.breastfeedinginc.ca/content.php?pagename=doc-ISSC>

http://www.beststart.org/resources/breastfeeding/Baby_Friendly_Resource_linked_final.pdf

Breastfeeding Committee for Saskatchewan
<http://www.thebcs.ca/>

It's My Birth Day: Keep me close! Skin-to-Skin Contact for you and your baby

What is "Skin-to-Skin"?

Skin-to-skin means your baby is placed belly down, directly on your chest, right after she is born. Your care provider dries her off, covers her with a warm blanket and gets her settled on your chest. They may also put on a hat/toque and diaper if needed or requested. The first hours of snuggling skin-to-skin let you and your baby get to know each other. They also have important health benefits. If she needs to meet the pediatricians first or if you deliver by c-section, you can unwrap her and cuddle shortly after birth. Newborns crave skin-to-skin contact, but it's sometimes overwhelming for new moms. Take time to you get to know your baby.

The First Hour

Every baby goes through nine amazing stages when skin to skin with their mother during the first hour. These stages are instinctive for your baby.
<http://www.magicalhour.com/aboutus.html>

A Smooth Transition

Your chest is the safest place for your baby to adjust to life in the outside world. Compared with babies who are swaddled or kept in a crib, skin-to-skin babies stay warmer and calmer, and have better blood sugars.

SKIN-TO-SKIN BEYOND THE DELIVERY ROOM

Keep cuddling skin-to-skin after you leave the hospital – your baby will stay warm and comfortable on your chest and the benefits of bonding, soothing and breastfeeding will continue well after birth. Skin-to-skin can help keep your baby interested in nursing if he's sleepy. Dads can snuggle, too. Fathers and mothers who hold babies skin-to-skin help keep them calm and cozy.

BREASTFEEDING

Snuggling gives you and your baby a normal start for breastfeeding. Research studies have shown that skin-to-skin babies breastfeed better. They also keep nursing an average of six weeks longer. The American Academy of Pediatrics recommends that all breastfeeding babies spend time skin-to-skin right after birth. Keeping your baby skin-to-skin in his first few weeks makes it easy to know when to feed him, especially if he is a little sleepy.

BONDING

Skin-to-skin cuddling may affect how you relate with your baby. Researchers have watched mothers and infants in the first few days after birth and they noticed that skin-to-skin moms touch and cuddle their babies more.