



## Breastfeeding Committee for Saskatchewan

[www.thebcs.ca](http://www.thebcs.ca)

### Important:

- Do not do skin to skin if you are sleepy or alone
- When skin-to-skin, your baby is safe, warm, feeling your heartbeat and smelling your skin

### For further information contact:

Local Public Health Nurse

International Board Certified  
Lactation Consultant (IBCLC)

Local breastfeeding support  
Group

Saskatchewan HealthLine 811

### References:

<https://www.lllc.ca/category/faq-categories/skin-skin-contact>

<http://cindyandjana.com/skin-to-skin-with-baby-why-is-it-important/>

<https://www.breastfeedinginc.ca/informations/the-importance-of-skin-to-skin-contact/>

<http://breastfeedingresourcesontario.ca>

# Skin-to-Skin

Skin-to-skin has important health benefits such as keeping baby warm and calm. It also helps to stabilize baby's heart rate, blood sugars and protect the baby's gut with good bacteria. Ideally, baby will remain on your chest uninterrupted for the first one to two hours after birth, or until the end of the first feed.

Your chest is the safest place for baby to adjust to life in the outside world. Dads, partners or other close support people can do skin-to-skin as well, and the benefits continue long after birth!

## How to do Skin-to-Skin Safely

- Lie in a semi reclined position, not completely flat
- Place baby, wearing only a diaper, tummy down directly on your nude chest
- Make sure baby's face is visible, with head turned to one side, and chin lifted
- Ensure that baby's nose and mouth are free to breathe
- Cover your baby's back with a blanket and enjoy the bonding
- Do not do skin to skin if you are sleepy or alone, or under influence of any substances (alcohol, cannabis, medications that cause drowsiness etc...)
- Babe should be free to always lift their head and chest

## Facts

- Babies held skin-to-skin cry less, are calmer and more alert
- Babies who spend time skin to skin continue breastfeeding longer
- Better weight gain when compared with swaddled babies
- Holding your baby skin-to-skin in his first few weeks of life allows caregivers to recognize feeding cues more easily

