



SKIN-TO-SKIN TIME

Sharing the love

WHAT IS SKIN-TO-SKIN TIME?

Also called “kangaroo care,” it’s when you dress your baby in just a diaper and put them on your or someone else’s bare chest. If it’s a little cold, you can cover your baby with a blanket to keep warm.



* BENEFITS FOR YOUR BABY!

- ✓ Helps your baby get used to life outside your womb.
- ✓ Calms them and reduces their stress.
- ✓ Comforts them with the sound of your heartbeat and voice.
- ✓ Helps regulate their heart rate, temperature, breathing, and blood sugar.
- ✓ Provides time to bond with you.
- ✓ Encourages them to nurse.
- ✓ Builds their immunity to illness and infection.
- ✓ Stimulates their brain through smell, touch, movement, and sound.
- ✓ Helps them cry less, sleep better, and gain weight better.

WHY IS SKIN-TO-SKIN TIME IMPORTANT?

Skin-to-skin time is great for you and your baby! It helps you both feel better while you’re in the hospital and in the first months of your baby’s life.

BENEFITS FOR YOU!

- ✓ Allows time to bond with your baby.
- ✓ Helps your body heal and releases a stress-reducing hormone.
- ✓ Lowers your risk of postpartum depression and anxiety.
- ✓ Helps your body produce more milk.

SKIN-TO-SKIN The First Hour After Birth

Sharing skin-to-skin time during the **FIRST** hour after your baby is born is especially important! This skin-to-skin time should not be interrupted except for a medical reason.

Who can share skin-to-skin time with my baby?



Invite older children to share skin-to-skin time if they can hold the baby safely.

Everyone who holds your baby skin-to-skin should be:

- ✓ Healthy and not sick
- ✓ Vaccinated
- ✓ Awake and alert
- ✓ Sober



Skin-to-skin time benefits your partner too:

- ✓ Enhancing bonding with the baby
- ✓ Boosting confidence in caregiving

Baby's immune systems are still developing.

They are more likely to get sick if exposed to illnesses like the flu or a cold. Keep your baby away from sick people as much as you can.

Anything else I should know about skin-to-skin time?

- 1 Wash hands with soap and water before sharing skin-to-skin time.
- 2 Relax and breathe normally while holding your baby skin-to-skin.
- 3 Put away phones and other distractions during this special bonding time.

LESSON:
PREPARING TO MEET
YOUR NEWBORN

Take this lesson to learn:

- Baby's hunger and fullness cues.
- The hunger and fullness cues babies give when they need something to be different.
- What baby cues look like by watching a video.

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