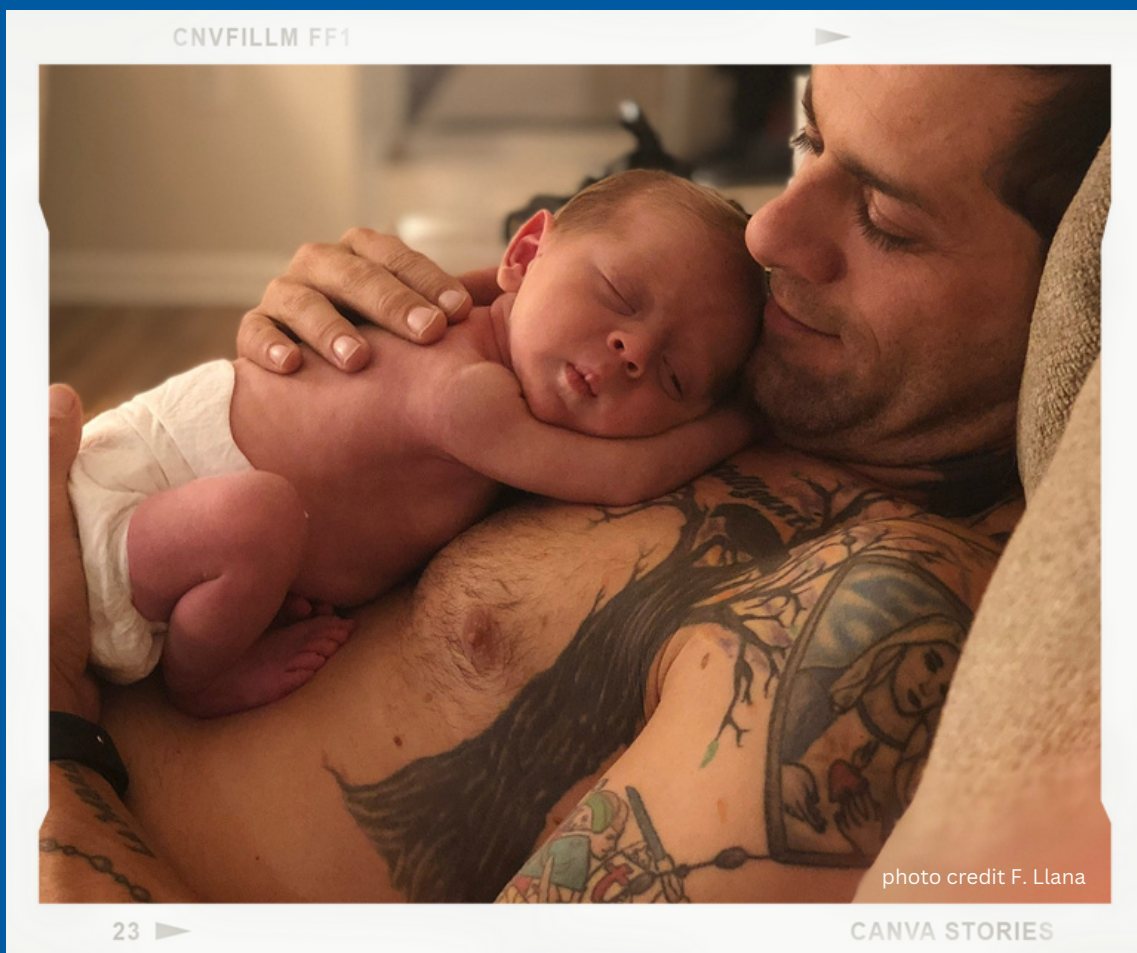




Interior Health

Babies Love HUGS

Hold your baby
Skin-to-Skin
at birth
and in the hours
and days that follow



Skin-to-Skin helps babies:

- ♥ Settle and calm
- ♥ Stay warm
- ♥ Be ready to feed
- ♥ Bond with their caregivers
- ♥ Stabilize their heart rate, breathing and blood sugars
- ♥ Build their immunity

Hold baby chest to chest, close enough to kiss, neck straight and turned to side; parent awake with upper body slightly reclined

- Babies benefit from skin-to-skin immediately after birth and when undisturbed for **1 or more hours**. Everything else can wait: weight checks, cuddles from other family, phone calls, visitors.
- After the first hour, or if the birth parent is unable, baby can be skin-to-skin with a support person.
- If skin-to-skin is delayed or interrupted for medical reasons, your baby will have lots of benefit once skin to skin is possible.

For more information go to interiorhealth.ca and search 'skin-to-skin' or scan QR code



SCAN ME