

## Let's talk about... **Skin to Skin**

### **The Early Breastfeeding Experience**

**Putting your baby's chest and belly skin-to-skin against your chest is the best place for your baby right after birth.**

Keeping your baby on your chest right after birth can:

- Keep your baby warmer
- Keep your baby calmer and cry less
- Help you and your baby begin bonding
- Help your baby begin practicing latching and breastfeeding

As you spend the first 2 hours together, you may see your baby:

- Relax at first and simply rest on your chest
- Start to begin moving his head up and down, and side to side
- Move his arms and legs, push on your chest, and practice opening his mouth wide
- Start moving his whole body

Your baby may rest again, but keep moving his mouth or sucking on his hand. Once your baby is ready, he will:

- Find your nipple and areola (the dark circle around your nipple)
- Begin licking and mouthing your nipple and areola
- Latch and practice suckling

After all this activity, your baby may want to sleep for a while. Try and keep your baby skin to skin as much as you can on his first day of life.

Can my baby stay skin to skin with me while the APGAR is done? What about measuring, weighing, eye ointment, and other procedures? Can those wait?

If I have a c-section, can I still hold my baby skin to skin right after birth?

How does skin to skin contact keep my baby warm?


If I am given medicines during labor to help with pain, how will that affect my baby?

Will I have enough milk to feed my baby right after birth? What is colostrum and why does my baby need it?

How is hand expression helpful? Will someone be able to show me?

Why should I keep practicing skin to skin with my baby even after his first day of life?

Use the space below to write your own questions or notes:



Next time, let's  
talk about...

Learning to  
Breastfeed