



Putting your baby skin to skin



Reasons to put your baby skin to skin

- The American Academy of Pediatrics recommends all healthy term newborns be placed in skin-to-skin contact with the mother immediately after birth.
- Your chest is the best place for your baby to adjust to life in the outside world.
- Skin to skin will maintain your baby’s temperature and blood sugar.
- Skin to skin regulates your baby’s heart rate and breathing.
- When you and your baby are skin to skin, you both will feel less pain during medical procedures.
- Skin to skin will calm and relax both you and your baby.
- You and your baby will develop a unique bonding experience.
- When appropriate, skin to skin can also be done in the neonatal intensive care unit (NICU).
- Other family members can hold and bond with your baby through skin to skin.
- Babies who are put skin to skin breastfeed sooner and for longer periods of time.

Provided as an educational resource by Northwell Health lactation consultants