

Holding Your Baby Skin to Skin



Benefits from Early Skin-To-Skin Time

- Babies stay warmer
- Babies and moms bond with all of their senses promoting lifelong attachment
- Babies are more successful with breastfeeding
- Mothers have a reduced risk for depression
- Skin-to-skin time promotes the development of healthy bacteria
- Baby maintains a more normal blood sugar, heart rate, blood pressure and temperature

A Great Start to Life

At Lucile Packard Children's Hospital Stanford, we encourage mothers to establish a strong bond with their baby during their first hour after delivery and as much as possible in the early postpartum days. You may include in your birth plan your wish to have your newborn baby (unclothed or wearing only a diaper) placed immediately on your chest and covered with a blanket, where you can relax together for as long as possible. When the health of mom and baby allows, postponing the normal protocol of bathing, weighing and testing the baby clears the way for shared skin-to-skin time.

Depending on your birth plan and medical needs, skin-to-skin time with baby offers

benefits, whether your baby is born vaginally or by cesarean section, whether it happens in the first hour or when you are medically ready, and whether or not you are breastfeeding.

If you or your baby has special medical needs, or if your baby is born prematurely, spending skin-to-skin with your baby is still beneficial when it becomes medically possible. Your spouse or birth partner can also provide skin-to-skin time with your baby, which can help keep baby warm, and provide bonding time. Your doctor can help your family determine what's best to meet your and your baby's needs.