



SKIN-TO-SKIN: BONDING WITH BENEFITS



Skin-to-skin contact, also known as kangaroo care, means holding your undressed baby against the bare skin on your chest. This simple act of closeness strengthens the bond between you and your little one and offers health benefits to all babies.

If your baby was born premature or was very low birth weight, talk to your baby's healthcare provider before starting skin-to-skin contact with your infant.



HOW TO DO IT:

1. Dress your baby in a diaper. Consider including a soft hat for newborn babies.
2. Position your baby upright against your bare chest, ideally between the breasts or chest. Partners can also participate!
3. Lightly cover your baby with a blanket once they are skin-to-skin. You can also hold your baby skin-to-skin with a soft infant carrier; this will allow you to have your hands free and to move around while maintaining skin-to-skin contact.
4. Relax and enjoy. Aim for at least one hour of skin-to-skin contact per day, during the first six weeks of life.

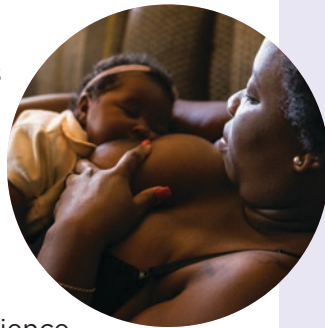


Remember, when doing skin-to-skin with baby, it is important to not smoke, vape, or consume alcohol. Please ensure you and your partner are awake and alert before doing skin-to-skin.

BENEFITS FOR BABY:

Holding your baby skin-to-skin immediately after birth helps them transition more smoothly into the world outside the womb. Skin-to-skin also helps babies have:

- A stable heart rate
- Regular breathing patterns
- Improved oxygen levels
- Warmth and better sleep
- Faster weight gain
- Reduced crying
- Easier breastfeeding experience
- Comfort and soothing when fussy
- Less discomfort during routine procedures



For premature infants, regular skin-to-skin contact may result in a shorter hospital stay.



Continue skin-to-skin contact at home while you are awake. Babies who experience skin-to-skin time are more alert and often begin interacting with their caregiver earlier.

BENEFITS FOR PARENTS:

Skin-to-skin contact within the first hour after birth is beneficial when establishing lactation and helps form a deeper connection between you and your baby. Benefits for breastfeeding or chestfeeding parents include:

- Reduced feelings of postpartum depression
- Increased milk production

Both parents can experience the following benefits through regular skin-to-skin contact with their baby:

- Increased awareness of baby's cues and needs
- Improved bonding and a stronger sense of closeness
- Greater confidence in their ability to care for their baby

Take time to enjoy the skin-to-skin contact and the closeness it brings between you and your baby.



RESOURCES

WIC Breastfeeding Support

Information on skin-to-skin contact and common breastfeeding or chestfeeding challenges and concerns.

<https://wicbreastfeeding.fns.usda.gov/>

Office on Women's Health

General breastfeeding and chestfeeding and baby basics information.

<https://www.womenshealth.gov/breastfeeding>

QUESTIONS?

If you have any questions about bonding with your baby through skin-to-skin contact:



1-800-8-NEV-WIC
(1-800-8-638-942)
NEVADAWIC.ORG

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