

Prenatal Education: Topic #5: Early Skin To Skin Contact:

What is “skin to skin”?

1. Skin to skin means your baby is placed unclothed onto your chest, against your skin, and under a blanket or your clothing.

When can I give my baby “skin to skin” time?

1. Right after birth, or as soon as you are ready. The sooner the better, for you and your baby!
2. As much as possible, especially while breastfeeding.

What does “skin to skin” do?

1. Stabilizes baby’s temperature and vital signs.
2. Gives baby better oxygenation and blood sugar levels.
3. Stimulates milk production.
4. Causes your uterus to contract and bleed less.
5. Causes baby to be comforted and cry less.
6. Promotes feelings of closeness and protectiveness.
7. Provides the best opportunity to get breastfeeding off to a good start.

How does “skin to skin” help breastfeeding?

1. Baby can smell colostrum at birth. Amniotic fluid has a smell similar to colostrum, so baby is drawn to the breast by the familiar smell.
2. Left undisturbed between your breasts, baby may nuzzle down to the breast by himself and latch on unassisted!
3. Baby has more opportunity to feed and gains weight better.
4. Baby is more aroused to feed.
5. Baby breastfeeds better and longer overall.



...to learn more, read the other side!