

skin to skin contact important



Calms the mother & baby and helps to stabilize the baby's heart beat and breathing and keeps the baby warm.

Assists the metabolic adaptation and blood glucose stabilization in the baby.

Reduces infant crying, thus reducing stress & energy loss.

Facilitates bonding between the mother & her baby.

Breast crawl and self attachment

Skin-to-skin contact allows the baby to find the breast and self attach, which is more likely to result in effective suckling



Babies are usually alert in the first one to two hours of age, then they sleep for long periods of time

1

2

3

skin-to-skin helps a mother to recognize these pre-feeding behaviors of her baby:

Touching nipple with his hand

Putting his hand to his mouth

Focusing on the areola (dark skin)

Moving toward the breast

Finding nipple and attaching to the breast

When to do skin to skin contact?



After caesarean section

- Encourage skin-to-skin contact as soon as possible after caesarean section
- Following general anaesthesia, contact can occur in the recovery room
- Following spinal or epidural, contact can occur in the operation room, as mother is usually alert



Babies who are not stable

- The first infant can have skin to skin contact until the mother starts labour for the second birth
- The first twin can be held by a family member for warmth and contact while the second twin is born.
- Then the two infants are held by the mother in skin to skin contact and assisted to breastfeed when ready



Babies who are not stable

- Can receive skin-to-skin contact later when they are stable

The father or other family member can also give skin-to-skin contact (to keep the baby warm & comforted)



Babies who are stable

- All stable babies and mothers benefit from skin-to-skin contact immediately after birth
- Skin to skin contact should continue for at least an hour after birth.
- All babies should be dried off as they are placed on the mother's skin
- The baby doesn't need to be bathed immediately after birth.