

Sometimes it may be necessary for the midwife or doctor to interrupt your skin to skin contact because you or your baby requires attention. They will offer you the opportunity to resume skin to skin contact as soon as it is possible. Partners can enjoy skin to skin contact with their baby/s too; this will help to keep your baby warm and relaxed until mum is ready to feed.

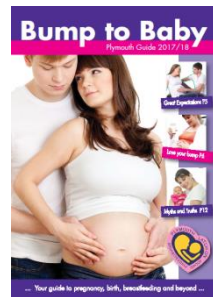


For more information about skin to skin contact, breastfeeding your baby and support services in Plymouth visit our website:

www.plymouth-latchon.org.uk
Email oneyou.plymouth@nhs.net

References :

1. Anderson, G.C., Moore, E., Hepworth, J., Bergman, N. (2003) Early skin to skin contact for mothers and their healthy new born infants (Cochrane Review). The Cochrane Database of Systematic Reviews 2
2. Carfoot, S. Williamson, P., Dickson, R. (2005) A randomised controlled trial in the north of England examining the effects of skin to skin care on breast feeding. Midwifery, 21 (1), 71-79
3. Christennsson, K. et al (1992) Temperature, metabolic adaptation and crying in healthy full term new borns cared for skin to skin or in a cot. Acta Paediatric. 81 (6-7), 488-493



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Skin to skin contact for you and your baby



Plymouth Latch on Breastfeeding Groups

Holding your baby close to you, in Skin to skin contact has many positive benefits for you both. It is a wonderful opportunity for ALL parents to have a special time with their baby and get to know each other. It can happen after your baby is born (or as soon as possible)

This leaflet will help to answer any questions you may have.



Why is skin to skin contact important?

- It keeps your baby warm
- It helps to calm and relax you and your baby
- It promotes bonding between you and your baby
- It regulates baby's breathing and heart rate
- It promotes early feeding
- It stimulates the hormones needed to produce breast milk
- It provides an opportunity to get to know each other
- It promotes the growth of healthy skin flora



Making it happen

You will have an opportunity to discuss "skin to skin" with your midwife during your pregnancy. When your baby is born, providing he/she does not require any immediate medical attention, you will be able to hold your baby for as long as you wish in an unhurried and uninterrupted environment. This should last until after your baby's first breastfeed, or when you choose to end it. Skin to skin contact with your baby can happen anytime, the benefits continue even if it does not happen immediately for any reason. You and your baby can continue to enjoy this intimate bonding time whenever you wish during their first year and beyond.

How to have skin to skin contact

Your baby will be dried after the birth and left undressed against your skin. You and your baby will be covered with a blanket or sheet to ensure warmth and privacy. You do not need to worry about what you are wearing; your baby can be tucked down the front of your night-dress or tee shirt.

If mum is not able to have skin to skin contact with her baby, her partner may like to have the opportunity to. This will have the same calming effect and keep your baby warm.



Feeding Your Baby

Not all babies want to feed immediately after birth, but having your baby in close skin to skin contact will help them to prepare for a feed. Initially, your baby may be happy just being close to you, listening to your heart-beat and the sound of your voice. Your baby will show signs when he/she is ready to feed, this instinctive behaviour will include opening his/her eyes and mouth, salivating, licking, rooting and moving their head from side to side. Your baby will use these "feeding cues" to let you know when they are hungry.

