



**BENEFITS OF
SKIN-TO-SKIN
CONTACT**

EVIDENCE-BASED BENEFITS OF SKIN-TO-SKIN CONTACT

Skin-to-skin contact, also known as kangaroo care, is the practice of placing a naked newborn on the parent's bare chest directly after birth. This helps the baby transition to life outside the womb and offers numerous benefits for both the baby and the parent.

BENEFITS OF SKIN TO SKIN CONTACT

- 01 Reduced Stress:** Skin-to-skin contact triggers the release of oxytocin, often called the "love hormone," which helps reduce stress in both the baby and the parent.
- 02 Enhanced Bonding:** The close physical contact fosters a strong emotional connection between the parent and the baby, enhancing the bonding process.
- 03 Improved Breastfeeding:** Skin-to-skin contact offers an excellent opportunity for early breastfeeding, promoting successful breastfeeding outcomes.
- 04 Uterine Contraction:** For the birthing parent, skin-to-skin contact can help the uterus contract, reducing postpartum bleeding.

For more info, reach out to www.thefirstparents.com



HOW TO PERFORM SKIN-TO-SKIN CONTACT:

- 01 Undress Baby:** Undress the baby down to their diaper, ensuring their chest is bare.
- 02 Place Baby on Bare Chest:** Gently place the baby on the parent's bare chest, ensuring their body is in direct contact with the parent's skin.
- 03 Position Baby's Head:** Turn the baby's head to one side, ensuring their airway remains clear for easy breathing.
- 04 Cover with a Blanket:** To keep the baby warm, cover them with a lightweight blanket, leaving their head uncovered.

CONTINUING SKIN TO SKIN CONTACT

Skin-to-skin contact is not limited to the first hour after birth. It is encouraged to continue this practice in the first few days and weeks postpartum. All parents, not just birth parents, are encouraged to practice skin-to-skin contact with their newborns.

Skin-to-skin contact is a beautiful and beneficial way for parents to connect with their newborns, offering comfort, love, and important health benefits to both the baby and the parent.

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