

Why Does My Baby Love Skin-to-Skin?

Skin-to-skin care is when your baby is laying on your bare chest, with no clothing or blankets between the two of you (your baby can be in a diaper).

Being skin-to-skin helps YOUR BABY:

- Build their immune system
- Regulate their body temperature
- Stabilize their blood sugar
- Stabilize their heart rate and breathing
- Reduce feelings of stress and pain

Being skin-to-skin helps YOU:

- Bond with your baby
- Recover from birth physically and mentally
- Learn your baby's hunger cues
- Build your milk supply

Because of all these benefits, continue to practice skin-to-skin often in the first few weeks and months of your baby's life.

Safe skin-to-skin contact

Sit in a laid-back position, alert and not sleepy.

Place your baby with their:

- Shoulders, chest and tummy facing you
- Head turned to one side with a straight neck
- Head tilted up (in a “sniffing” position)
- Face visible and their nose and mouth not covered
- Arms and legs flexed (in a frog position)

Note: If you feel like you may fall asleep, place baby skin-to-skin with someone who is alert or lay your baby in a safe place.



If you can't do skin-to-skin right after birth, that's okay. You can still enjoy all the benefits once it's safe for you and your baby. In the meantime, your partner or support person can hold your baby skin-to-skin—it's the next best thing!



Halton Baby-Friendly Initiative
Breastfeeding Basics

Need more support?

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