

Skin-to-Skin at Birth

The first embrace. A lifetime of benefits.

Skin-to-skin contact means placing your bare baby on your bare chest right after birth. It keeps your baby warm, calm, and connected — and helps breastfeeding get off to the best start.

Pebble says...
Your warmth is your baby's first home. It's love from the very beginning.



Benefits of Skin-to-Skin Contact

Keeps Baby Warm

Your body is the perfect temperature to keep your baby warm and cozy.

Calms and Comforts Baby

Hearing your heart and feeling your touch helps your baby feel safe and secure.

Supports Breastfeeding

Babies who have skin-to-skin are more likely to latch on early and breastfeed successfully.

Stabilizes Vital Signs

Helps regulate your baby's heart rate, breathing, and blood sugar.

Supports Brain Development

Early connection supports healthy brain growth and emotional well-being.

Strengthens Your Bond

Those first quiet moments help you and your baby know each other.

How Skin-to-Skin Works



1. Place your baby bare on your bare chest as soon as possible after birth.



2. Cover your baby with a warm blanket or cloth and keep your baby's head uncovered.



3. Relax, talk softly, and enjoy this special time together for at least the first hour.

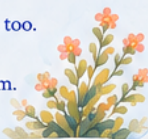


4. Let your baby lead. They will show you when they are ready to feed.

Helpful Tips



- ♥ Enjoy skin-to-skin for as long as you both want.
- ♥ After the first hour, continue skin-to-skin often—it's good for both of you!
- ♥ Dads/partners can do skin-to-skin too. It's a wonderful way to bond.
- ♥ If you need help, ask your birth team. They are there to support you.



Remember

You and your baby were made for each other.
Trust your body.
Trust your baby.
You are doing an amazing job.



Safe Skin-to-Skin

Be in a semi-reclined position. This helps keep your baby safe and comfortable.

Keep your baby's airway clear and their face visible at all times.

Stay awake and alert. Ask for help if you feel very tired or drowsy.

If you are affected by medications, ask a trusted adult to supervise.

Keep your baby warm, but keep their face and head uncovered.



A Gift for You and Me!



michelleledrew.ca/babygift

