

# BENEFITS OF



*Skin-to-skin*

Breastfeeding completes the golden hour of skin-to-skin with mother after birth



Useful Videos



## *Benefits of skin-to-skin*

- + Improves bonding between mother and child
- + Makes breastfeeding easier
- + Improves mother's milk supply
- + Babies cry less
- + Reduces parental stress

Helps to regulate baby's

- + Temperature
- + Blood pressure
- + Heart rate
- + Breathing
- + Blood sugar levels



## Safe skin-to-skin

### Mother/Father

- + Awake and alert
- + Sit semi-upright

### Baby

- + Cuddled against mother/father's bare chest
- + Head turned to side
- + Mouth and nose are not covered
- + Arms and legs are tucked in
- + Pink and breathing comfortably



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