



Women's Health

Skin-to-skin care

Bonding with your baby

Skin-to-skin care

- As soon as your baby is born, your baby will be placed on your bare chest and covered with a blanket.
- Research shows that babies who are placed in skin-to-skin contact with their mother will recover from the birth process, stay warmer, cry less and breastfeed better than babies wrapped in a blanket.
- Our goal is for you to keep your baby skin-to-skin for the first hour after birth.
- You can continue to provide your baby with skin-to-skin care as much as possible during your hospital stay. Dad can do it too!



This handout does not take the place of a discussion with your provider. Discuss any questions or concerns you may have with your provider.

The golden hour

- Most babies are alert and will begin to show feeding cues during the first hour after they are born. We call this special time the “Golden Hour,” and we try not to separate moms and babies during this time so you can get to know each other.
- Breastfeeding shortly after delivery is the perfect time for the first feeding to occur, because newborns are usually alert and interested in suckling then.
- If your baby doesn’t show interest in breastfeeding immediately after delivery, don’t worry. As you hold your baby skin-to-skin on your chest, your baby will soon show an interest in feeding.
- Your extended family is important, and we encourage them to hold, cuddle and get acquainted with your little one after you spend the “Golden Hour” with your baby. There will be time later when you might be ready to rest and your family can hold and rock your baby during that time.

Women's and Infant Services
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ATENCIÓN: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.844.359.1607 (TTY: 711).

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