

Skin-to-Skin Contact... Our First Encounter!



A tender touch at birth to warm the heart!

Advantages for your baby:

- The warmth from mother's or father's skin helps stabilize your newborn's temperature.
- Your baby is calmer and cries less, because contact soothes the nervous system.
- Contact also stabilizes your newborn's heart beat and breathing pattern.
- Skin-to-skin prolongs the feeling of life inside the womb.
- In the first hour following birth, a hormone is released which helps awaken all of your baby's senses. Your baby memorizes these sensations and connects to you instinctively. It's the power of human touch!
- Your baby hears your heart, recognizes your smell... and feels ever so safe because of it!



Advantages for mother:

- You feel a close, intimate bond with your baby from the beginning.
- You enjoy a feeling of well-being after giving birth.
- Your baby's movements on your breasts and abdomen trigger more oxytocin release, a hormone that stimulates uterine contractions, helping to reduce blood loss.
- You take the first vital step toward breastfeeding.
- Your milk production gets a special boost.

Advantages for father:

- Contact with your baby serves as a reassuring stepping stone to a close bond.
- You experience a feeling of satisfaction by helping your baby adapt to its new world.



Speak to your nurse, doctor or midwife. The first moments are so important!



CHAMPLAIN MATERNAL NEWBORN REGIONAL PROGRAM
PROGRAMME RÉGIONAL DES SOINS À LA MÈRE
ET AU NOUVEAU-NÉ DE CHAMPLAIN

Adapted from:
Hôpital Montfort
and
Centre hospitalier universitaire Sainte-Justine