

Cuddling Skin-to-skin With Your Baby

Skin-to-Skin Contact

Skin-to-skin contact is when your baby is placed naked against your or another caregiver's bare skin. (Your baby may have a hat and diaper.)

Cuddling skin-to-skin has many benefits:

- encourages breastfeeding
- helps regulate your baby's temperature and blood glucose
- helps create an emotional bond
- keeps baby warm
- reduces crying.

Skin-to-skin From Birth and Beyond



The American Academy of Pediatrics (AAP) recommends that your baby be placed skin-to-skin for at least the first hour after birth.

Skin-to-skin time reduces crying and helps promote bonding between you and your baby.



Skin-to-skin contact helps encourage a good milk supply and helps forge a bond.

Routine medical care can be done while your baby cuddles with you. Some care can wait and be done at a later time.

Your support person can hold and bond with your baby skin-to-skin too. It is a wonderful way to be a special part of your new baby's life.

You are encouraged to hold your baby skin-to-skin as often as you can in the first hours and weeks to come. The AAP says it will continue to give your baby important physical and psychological advantages.

There are times when cuddling skin-to-skin may not be possible. For example, if you or your baby has health problems after birth. The nurse will help you or your support person to reunite with your baby and have skin-to-skin time as soon as possible.