

THE BABY WHO IS HELD

Skin-to-Skin



At **OCH REGIONAL MEDICAL CENTER**, we encourage all moms to hold their infants skin-to-skin after delivery. This time is special for you and your baby. Many studies have been done to show the benefits of this to baby and mom. We want to share some of these with you. After your baby delivers, the nursing staff will encourage and assist you to hold your baby skin-to-skin.

Benefits to Baby

- Babies' senses will begin to react immediately
- Babies are warmer
- Babies are calmer
- Babies cry less
- Babies have better blood glucose levels
- Babies have better respirations
- Babies have more stable heart rates and blood pressures
- Babies can hear their mother's heartbeat
- Babies have a better ability to calm themselves
- Babies have fewer crying episodes
- Increases smiling at 3 months
- Babies have fewer infections at 6 months and at 12 months
- Faster development in first year of life
- Improved and increased breastfeeding

Benefits to Mother

- Better bonding experiences for mother and baby
- Decreases mother's anxiety
- Decreases mother's postpartum pain
- Breastfeeding reflexes awaken naturally
- Causes mother's uterus to contract and bleeding to be less
- Promotes feelings of closeness and protectiveness
- Mothers have increased sensitivity to the baby even at one year of age

