

Skin-to-Skin is a journey, not an event!

All babies should be skin-to-skin with mom, immediately after birth, then 24/7 as much as possible for the first 3-4 months.



Zero separation for mom and baby.



AT BIRTH – Place baby on mom’s abdomen and let baby go through the 9 instinctive stages. Mom is in a supported, semi-reclined laid back position. Babies are hard wired to breastfeed. They will find the breast and latch on without help if skin-to-skin and undisturbed! Be on baby time!

LONG TERM – Skin-to-skin means baby is naked except wearing a nappy (for practical reasons). Mom’s chest is naked. Baby can then be wrapped to moms chest, has all the benefits of skin-to-skin, mom has hands free and baby feels loved, safe and secure. Nothing should be between mom and baby. Baby is in the natural position skin- to-skin where babies belong.

- ◆ Skin-to-skin will regulate babies breathing, heart rate, temperature, glucose level.
- ◆ Developing babies (foetus’) belong in the uterus for ultimate growth and development.
- ◆ Babies belong skin-to-skin on mom’s chest for ultimate growth and development.

Skin-to-skin for all moms and babies at birth and beyond!

Benefits at birth

- ◆ Baby’s heart rate stabilises
- ◆ Warms the baby
- ◆ Baby feels secure
- ◆ Breathing stabilises
- ◆ Easy access for breastfeeding
- ◆ Baby hears mom’s heart beat
- ◆ Bonding
- ◆ Oxygen saturation stabilises
- ◆ Healthy microbiome formation
- ◆ Decrease in stress hormones
- ◆ Increases glucose levels reducing hypoglycaemia
- ◆ Regulates blood pressure
- ◆ Decreases crying and increases quiet alert state
- ◆ Increases relaxation
- ◆ Increases facial recognition
- ◆ Increases maternal care giving behaviour
- ◆ Increases release of oxytocin.



Benefits at birth & beyond

- ◆ Baby cries less as well as less frantically
- ◆ Baby sleeps better
- ◆ Better brain development
- ◆ Better absorption and digestion of all nutrients
- ◆ Confidence as a mother improves
- ◆ Acceleration of brain development
- ◆ Baby’s immune system greatly enhanced
- ◆ Longer more successful breastfeeding
- ◆ Mom demonstrates more touching, holding and speaking behaviours
- ◆ Protects against depression and violence
- ◆ Significantly increases milk production
- ◆ Enhancing attachment
- ◆ Improves mother attachment and bonding
- ◆ Promotes the participation of mother and father in infant care – strengthens the family
- ◆ Promotes colonisation with maternal microbes instead of hospital microbes.