

Immediate skin-to-skin contact between newborns and their mothers offers a better and stronger start in life and promotes newborn health.



Babies who have skin-to-skin contact with their mother within the first hour of birth are more likely to see a variety of benefits, including exclusive breastfeeding, optimal body temperatures and blood sugar levels.

Findings show that mothers who have skin-to-skin contact with their babies in the first hour after birth are more likely to exclusively breastfeed for the first six months of the baby's life. Exclusive breastfeeding brings many health benefits for mothers, babies and health systems.



Strong evidence supports skin-to-skin as standard care

Strong scientific evidence shows that skin-to-skin contact should be promoted as a natural part of care.

Skin-to-skin contact after birth can bring numerous benefits for the mother-infant dyad. This unique moment can lead to improvement of infant's health outcomes and enhance mother's well-being, as well as creating a strong, irreplaceable parent-child bond.

The latest research shows there is now enough evidence to make immediate skin-to-skin contact after birth the global standard of care.



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