



# IMPORTANCE OF **SKIN TO SKIN CONTACT**

The connection of your bare-skinned baby lying directly on your skin is called skin-to-skin contact and can give you and your baby time to get to know each other. This initial snuggling also has very important health benefits. At Henry Community Health we encourage skin-to-skin contact immediately after birth, lasting at least one hour or until the first feed is complete, and then anytime mom desires.



## **Benefits of skin to skin contact:**

- Soothes and calms you and your baby.
- Helps your baby regulate their temperature, heart rate, breathing rate, and blood sugar is more stable.
- Enhances bonding.
- Supports breastfeeding.
- Baby is more likely to latch on and to latch on well.
- Baby is more likely to breastfeed exclusively and longer.
- Baby is able to indicate when he/she is ready to feed .
- Helps your uterus contract.
- Henry Community Health supports and promotes skin-to-skin contact at birth and throughout the hospital stay.

**Information retrieved from "The Gift of Motherhood" , 2019.**

**Have any questions?**

**Contact our Maternity Navigator**

[maternitynavigator@hcmhcares.org](mailto:maternitynavigator@hcmhcares.org)

Call: 765.599.3193 or Text: 765.521.1116



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