

## What does skin-to-skin contact do?

Skin-to-skin contact has a number of benefits for both mother and child:

- Helps to regulate your baby's temperature
- Helps to regulate your baby's heartrate
- Helps to regulate your baby's breathing
- Helps to regulate your baby's blood sugar
- Helps to calm your baby
- Helps to bring your milk in sooner
- Helps to stimulate your hormones
- Helps your baby cry less

Skin-to-skin will be initiated immediately after birth, unless there is an issue for you or your baby. The baby will be placed directly on your skin and a warm blanket placed over both of you. This will begin the awesome journey with your newest family member!