

# The benefits of skin to skin contact with your baby

An information guide





## **The benefits of skin to skin contact with your baby**

As soon as your baby is born the best place for him is next to your skin.

- Cuddling baby next to your skin allows baby to smell you, hear your heartbeat and keep nice and warm. This will make your baby feel secure, comforted and will settle easier
- Placing baby next to your skin can also increase baby's brain development
- By keeping baby close you will start to recognise the signals to tell you if baby is hungry or just wants a cuddle
- Skin to skin will also help you to feel calm and relaxed. Your natural instinct is to hold your baby, and baby's natural instinct is to be next to you. By allowing baby time next to your skin this natural process will help you to get to know each other as the hormones you both release help to create a very strong bond
- Put baby in skin to skin when you are breastfeeding
- If you are bottle feeding, hold your baby close during feeds and look into baby's eyes. Learn to notice baby's cues that he wants to be fed and when baby has had enough. If you and your partner try to give most of the feeds yourselves, this will help build up a close and loving bond

**It is your right to ask for baby to be placed in skin to skin after delivery and to continue for as long as you wish. Please make sure to tell your midwife that you want this.**

**If English is not your first language and you need help, please contact the Interpretation and Translation Service**

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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