

Skin to Skin: Why?

Research shows that mother and baby will benefit from this easy, enjoyable time together. After delivery out moms are encouraged to spend time skin to skin with your new baby.

Benefits of Skin to Skin

- * Your baby stays warmer
- * Your baby stays calmer and more relaxed
- * Your baby hears your heart beat
- * Your baby's breathing and heart rate stabilize
- * Increases sensitivity of the mother/infant bond
- * Breastfeeding is established more easily
- * Dads are encouraged to spend special time skin to skin, enjoying this experience also

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Benefits of Breastfeeding for your baby

- * Provides warmth, comfort and superior nutrition, easier to digest
- * Decreases frequency and severity of infections
- * Promotes bonding
- * Promotes excellent brain development
- * Decreases childhood cancers, juvenile diabetes, and crohn's disease
- * Decreases childhood obesity and lower risk of SIDS
- * Builds strong jaw muscles for solid foods
- * Delays or decreases allergies

Benefits of Breastfeeding for mom

- * Reduces bleeding after delivery
- * Uterus returns to pre-pregnant state sooner
- * Convenience and cost
- * Studies show lower incidence of pre-menopausal breast cancer, ovarian cancer, and osteoporosis
- * Natural weight loss

American Academy of Pediatrics recommends exclusive breastfeeding for the first 6 months of life, then add complementary foods for best health.

