

## How does skin to skin care help me achieve my breastfeeding goals?

Skin to skin care promotes increased breastmilk production by stimulating the hormones associated with breastmilk production.

In this way, skin to skin care leads to more exclusive breastfeeding and longer duration of breastfeeding.

## How do I help my baby to latch?

Watch the “Baby Led Latching” video to learn the basics about positioning and latching your baby to breastfeed.

<https://www.youtube.com/watch?v=Dzu-RsGRy88>

Google search “You Tube Breastfeeding information for parents” and look up ‘Baby Led Latching’

Latching at the breast is the natural progression of skin to skin if you give an infant time and allow it to happen.

When your baby is held skin to skin, latching is made easier for both of you.

## Additional Resources

Visit the website Region of Peel to see videos of skin to skin after birth

<http://www.peelregion.ca/health/family-health/breastfeeding/resources/video/index.htm>



# Information about skin to skin care



**Women's & Infants' Health Program**  
Mount Sinai Hospital  
Joseph & Wolf Lebovic Health Complex  
600 University Avenue  
Toronto, Ontario M5G 1X5  
T 416-586-4800  
[mountsinai.ca](http://mountsinai.ca)



**Mount Sinai  
Hospital**

Sinai Health System  
Joseph & Wolf Lebovic  
Health Complex

## Learn more about:

- The benefits of skin-to-skin for you and your baby.
- Holding your baby skin-to-skin.
- How skin-to-skin can assist you in breastfeeding your infant.
- How important skin to skin is for all babies, regardless of feeding method.

## What is skin to skin care?

Skin to skin care involves the placement of your baby in an upright position, on you or your partner's chest with no clothing or blankets placed between the infant and the parent.

Skin to skin care is facilitated immediately after birth and is uninterrupted for the first 1 to 2 hours, unless you or your baby needs special medical attention. Frequent skin to skin care is encouraged in the early days of baby's life.

All infants can do skin to skin care if they are medically well and considered stable. If mother is not able to, a support person can do skin to skin care.



## The first hour after birth is the best time to hold your baby skin to skin because early skin to skin

- promotes stabilization of baby's temperature, blood sugar, heart rate, breathing and oxygen levels
- encourages infant feeding, weight gain and infant development
- promotes parent/newborn attachment, and confidence in parenting.
- promotes periods of alertness as well as periods of deep sleep
- decreases pain during procedures for you and your baby
- has been shown to reduce infant crying
- reduces your bleeding and reduce your blood pressure & stress hormones

## What to expect during skin to skin care

Immediately after birth, your baby will be placed on your chest. Your baby will be dried, and covered in a warm blanket, and a hat. Your baby can wear a diaper.

Infant procedures, such as the weight, or the administration of routine medications, will be delayed until after the first hour of skin to skin. It is possible to provide this care while you are skin to skin with your baby. Please discuss these options with your care providers.

Your baby can be transferred to the Mother Baby Unit while skin to skin. Should you choose to use a wrap for skin to skin care, your nurse can assist you in using the wrap in a safe and easy way.

If it is necessary that skin to skin is delayed or interrupted due to medical complications, your baby can be returned skin to skin as soon as is possible!

Even if your baby needs to go to the Neonatal Intensive Care Unit (NICU) nursery, ask about holding your baby skin to skin.

