

# *The power of Skin-to-Skin*



## *Baby's First Hug*



- ♥ The best place for baby immediately after birth is skin-to-skin on mother's chest. Baby will stay warm and maintain blood sugar levels.
- ♥ Skin-to-skin helps baby begin to breastfeed and stay calm and loved.
- ♥ The time mom, dad and baby spend skin-to-skin increases bonding.
- ♥ The benefits of skin-to-skin continue after the hospital and help with breastfeeding at home.