

Dear Mom, Keep Me Safe!



Safe skin-to-skin care with your baby

Skin-to-skin contact with baby has many health benefits including better responses to stress, better nervous system functioning and more stable sleep patterns. It may even help to reduce crying. And it's a great way to bond with baby.

GET READY!

Wear a front opening shirt or no shirt at all, and no bra. Baby should wear nothing at all, except diaper. Cover yourselves with a blanket. Ensure that you can see baby's face, nose, and mouth, and they are not covered, and airway is unrestricted.

GET SET!

Place your baby upright between breasts, chest-to-chest, with baby's hips and arms flexed, like a little frog. Baby's cheek should rest against you, with their neck straight and chin slightly extended so they can see you and they can breathe. Baby's head should be close enough for a kiss.

GET COMFORTABLE!

Sit in a reclining position (never flat on your back!) in a chair, on the couch or in bed.

Stay alert, observe, and enjoy your baby!