What does Skin-to-Skin look like?

- Baby will be placed skin-to-skin after birth as long as mom and baby are stable for a minimum of one hour of uninterrupted skin-to-skin time.
- A diaper will be placed on baby and a blanket will be placed over mom and baby.
- The baby will be allowed to move through the nine instinctive stages. If mom is breastfeeding, this will be a good time for baby to nurse.
- Interruptions will be limited and mom is encouraged to keep baby skin-to-skin.
- Visitors will be limited to allow for new family bonding time.

From all the staff at Norman Regional Health System Maternal Child Services

Congratulations on your new addition! If at any time we can do anything to make your stay more comfortable, please do not hesitate to let us know.
Skin-to-Skin Guide for Parents

It’s My Birthday!!!

Hi Mom and Dad!
I am so glad to meet you, but I need a little help. I have just been born and I am in a new world. My old world was warm and comfortable. The best place for me now is on your chest. This is the one place I can meet all my needs as I transition into this incredible new world.

Benefits of Skin-to-Skin

For Baby:
- Cry less
- Regulates breathing and heart rate
- Maintain temperature
- Higher and more stable blood sugars
- Early stimulation of immune system
- Calming effect during procedures
- Baby is more likely to exclusively breastfeed and breastfeed for a longer period of time

For Mom:
- Decreases chances of excessive bleeding
- Decreases anxiety and pain
- Increases bonding with baby
- Makes it easier to recognize and respond to infant cues
- Builds confidence in infant care

All babies move through nine observable stages that occur when mom and baby are skin-to-skin after delivery.

1. Birth cry: occurs immediately after birth when lungs expand
2. Relaxation: period of quiet time after the birth cry
3. Awakening: head and shoulders begin to move. May open eyes and make small mouth movements.
4. Activity: eyes remain open, may look for mom. Increased mouth and sucking movements. May also massage moms’ breast.
5. Rest: rest periods may occur during each of the nine stages.
6. Crawling: begins to approach the breast by leaping, sliding, crawling and/or pushing. Continues mouth and sucking movement: however baby is not ready to latch.
7. Familiarization: may lick, touch or massage the breast while looking at mom. Rubs own face and mouth with hands.
8. Suckling: self attaches to the nipple with minimal or no assistance.
9. Sleep: baby and sometimes the mom fall into a deep sleep usually two hours after birth.