

## Importance of Early Skin-to-Skin Contact for all Babies

Holding your baby against your skin is a lovely way to say 'Hello.'

### Reasons skin to skin contact is important for all babies

- Keeps baby warm
- Helps regulate baby's breathing and heartbeat
- Helps mother and baby to bond
- Calms mother and baby

### Did you know?

When healthy babies are left with their mother in an unhurried environment after the birth, they follow a series of behaviours which result in them finding the breast and starting the first breastfeed.

### Did you know?

Offering your baby just one breastfeed (even if you do not intend to breastfeed) can help get your baby off to a good start.

### Resources

#### Give 'Off to the Best Start' Leaflet

The information in this leaflet will help you to breastfeed your baby, learn how to express your milk and find help if you need it.



## Skin-to-Skin Contact

Skin-to-skin contact can help with breastfeeding and allows parent and baby to bond and can be used at any time to calm an unsettled baby.



### Remember

Skin-to-skin contact helps dad and baby bond too!