

Labor & Delivery

Time for Baby's Arrival / Admission Instructions Late Pre-term Infants / Skin-to-Skin Care



Skin-to-Skin Care

Skin-to-Skin Care makes your baby feel safe:

- Stabilizes baby's temperature and vital signs.
- Causes baby to be comforted, feel calmer and cry less.
- Promotes feelings of closeness and protectiveness
- Allows your baby to adjust to the outside world from the safeness of his mothers arms.
- In the upcoming days, when your baby is fussy, skin-to-skin care will help calm him. If baby is too sleepy to nurse, this will stimulate and arouse him to breastfeed.
- Babies are calmer and cry less when they are in skin-to-skin care. When babies are placed skin-to-skin, they warm up better and learn to stay warm faster.
- Skin-to-skin helps baby's respirations, heart rate, and blood sugar stay normal and their oxygen levels are highest when held skin-to-skin.
- Stimulates milk production.
- Causes your uterus to contract and bleed less.
- Provides the best opportunity to get breastfeeding off to a good start

Skin-to-Skin Care benefits breastfeeding by:

- Baby has more opportunity to feed and gain weight better.
- Baby is more aroused to feed.
- Baby breastfeeds better and longer overall.

Skin-to-Skin Care benefits mothers by:

- The movement of your baby's body on your body stimulates hormones that cause your uterus to contract and bleed less.
- Being skin-to-skin helps lower your stress, and makes you feel closer to your baby. This is a great time for both of you to get to know one another. The bonding that takes place during skin-to-skin time lasts long after birth.

Skin-to-Skin Care promotes bonding:

- Dad can do skin-to-skin too! Although Dad cannot breastfeed, the baby knows the sound of Dad's voice.
- Even after the first few hours of skin-to-skin time, continue to place your baby skin-to-skin over the next several days. If baby is fussy, this will help calm him. If baby is too sleepy to nurse, this will stimulate and arouse him to breastfeed.
- Skin-to-skin time continues to help make baby warm and comforted. It also continues to help make breastfeeding a successful and enjoyable experience.

What is Skin-to-Skin Care?

Simply put, your unwrapped baby will be placed tummy-down on your chest under a blanket. Holding your baby for the first time is an experience that no one can prepare you for.



Discharge Instructions

You will receive discharge instructions for both you and your baby prior to leaving the hospital. If you have concerns or questions after you go home call your OB physician or pediatrician. For breastfeeding questions see the breastfeeding resource tab for numbers.

The Lactation Consultants:

Baroness Campus (423) 778-6247

East Campus (423) 778-8459

Outpatient Lactation Clinic

(423) 778-9183



The ABC's of Infant Safe Sleeping

Learn the ABC's of safe sleeping. It could save your baby's life.

A for Alone

- Put baby to sleep alone in their own crib or bassinet.
- Don't put baby to bed with other children or adults.
- Keep all soft items out of the crib or bassinet.
- Use blanket sleepers/sleep sacks instead of heavy blankets.

B for Back

- Put babies to sleep on their back.
- "Back to Sleep" is safest for babies.
- "Back to Sleep" will not increase a baby's risk of choking.

C for Crib

- Cribs and bassinets are the safest places for babies.
- Cribs should be free of pillows, bumpers, stuffed toys, and blankets.
- Always return your baby to their crib after nursing.
- To make nursing easier, keep a crib or bassinet next to your bed.