

# Hold me in my birthday suit

## Skin-to-skin contact gives your baby the best start for life

### BENEFITS FOR BABY

- Cries less and is calmer
- Stays warmer
- Stabilizes blood sugar, heart rate and breathing
- Protects your baby with your good bacteria
- Improves breastfeeding or chestfeeding success

### BENEFITS FOR PARENTS

- Reduces stress
- Increases bonding and attachment
- Helps parent know when baby is getting hungry
- Helps parents gain confidence in caring for their baby
- Helps with breastfeeding or chestfeeding
- Improves milk supply

### SAFETY

- To keep your baby safe, avoid distractions such as cell phones while baby is skin-to-skin or while baby is feeding



**Perinatal  
Services BC**

Provincial Health Services Authority

[www.perinatalservicesbc.ca](http://www.perinatalservicesbc.ca)

Adapted from Region of Waterloo Public Health (ROW)  
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