

More than just warm fuzzies...

- Skin-to-skin cuddling helps a **baby breastfeed**
- Skin-to-skin cuddling helps a baby **stabilize his body systems**
- Skin-to-skin cuddling helps **brain development**
- **Warm fuzzies** are important too!



More than just warm fuzzies...

- The **World Health Organization** recommends all infants remain skin-to-skin with mom until after the first feeding.



- In an ideal situation, skin-to-skin cuddling would not be interrupted for the first two hours. Babies would also be skin-to-skin with their parents for much of the next 24 hours.

References

The information in this pamphlet is from the lectures by Dr. Nils Bergman and Louise Dumas who presented at the 2009 BFI Conference in Vancouver and...

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Feldman, Ruth. Mother-Infant Skin-to-Skin Contact and Development of Emotional Regulation. *Advances in Psychology Research* 2004; 27: 113-132.



Skin-to-Skin Cuddling



More than just warm fuzzies!

Skin-to-Skin Cuddling

Breastfeeding

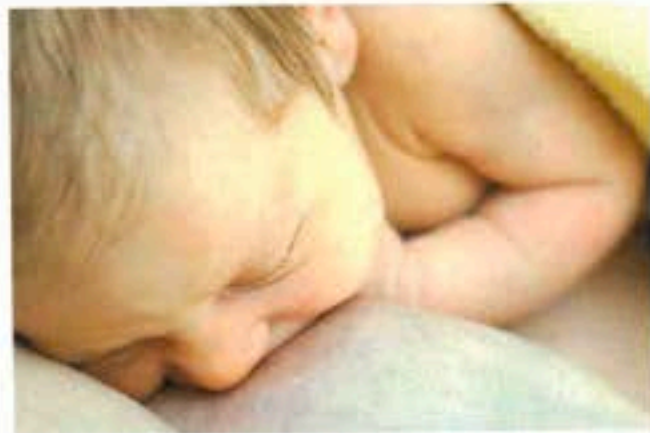
Skin-to-skin cuddling helps a baby breastfeed.

A baby knows what she needs.

Her feeding instincts depend on being skin-to-skin with her mom. She feels her mom's body against her chest and her mom's breast against her cheek, and knows what to do.

Guided by smell, and with very little help, a newborn can crawl up to the breast and begin feeding.

If mom and baby are separated, research shows it takes longer for babies to latch effectively.



Stabilization of body systems

The best way to stabilize a baby's temperature at birth is to cuddle her skin-to-skin.

If a newborn is cool, a mom's skin temperature will rise by two degrees.

If a newborn is too warm, a mom's skin will cool by one degree.

Skin-to-skin cuddling helps regulate baby's breathing and heart rate, and prevents crying.



Skin-to-skin cuddling is good for mom too. Her blood pressure and heart rate slows down, and mothering hormones increase which help with wound healing, milk supply, and bonding.

Moms who cuddle their baby skin-to-skin are less likely to have baby blues and postnatal depression.

Brain development

A baby's brain has billions of nerve cells and thousands of connections between them. Babies' brains develop by making more connections between cells.

The first two hours after birth are a sensitive period where the brain is ready to make lots of connections.



At birth, SMELL and TOUCH are important sensory needs. Skin-to-skin cuddling meets these needs and helps baby make good brain connections that have a lifelong effect on learning and behaviour.

When a baby is separated from his parents, he may have increased stress hormones, and lower temperature and heart rate.

Increased stress hormones are harmful to a baby's brain.

Warm fuzzies are important too!

Research shows that early skin-to-skin cuddling promotes self-confidence and improved social relationships later in life. Voice, touch and movement are all important for emotional development.

Skin-to-skin cuddling promotes Attachment Behaviour as mom and baby gaze into each others eyes.



Both parents can experience hormonal changes and increased care giving behaviours when cuddling their baby skin-to-skin.

The attachment that develops with skin-to-skin cuddling is powerful and helps get parenting off to a good start.