

After Delivery

While skin-to-skin is important during those first minutes after delivery, it can be practiced during the rest of your hospital stay and at home. The longer, and more often skin-to-skin is practiced in the days after birth, the greater the benefits.

The American Academy of Pediatrics recommends at least 2 hours a day of skin-to-skin during the first month of life, which has benefits for bonding, soothing, and keeping your baby alert for breastfeeding. Dads can snuggle too!

*Exceptional care for
your growing family...*



Skin-to-Skin

“Kangaroo Care”



Windom Area
Hospital

2150 Hospital Drive
Windom, MN 56101

windomareahospital.com

507-831-2400 | 507-427-2700

First Moments.....

What is 'skin-to-skin'?

Skin-to-skin, sometimes referred to as 'kangaroo care', means your baby is immediately placed on your chest, belly down, after delivery. This is a once in a lifetime opportunity to have uninterrupted time to meet your baby and provide him or her the benefits of this direct contact.

What are the benefits?

Your chest is the best place for your baby to adjust to life outside the womb. The benefits are so well researched and documented, virtually all health organizations support and recommend skin-to-skin. Benefits include:

- Stabilizes baby's breathing/oxygen
- Maintains baby's temperature
- Stabilizes baby's glucose levels
- Baby's cry less and calm more easily
- Increases early breastfeeding success
- Strengthens baby's brain development
- Enhances the birth experience for mom
- Triggers a calming effect for mom
- Promotes mother/baby bonding
- Increases milk production
- Promotes attachment behaviors

How it works

Vaginal deliveries: Your baby will be placed on your chest right after birth, covered with a blanket and given a hat. Measuring and weighing can wait. All exams and essential cares can be performed while baby is held skin-to-skin. For your safety, hospital staff will monitor you both during this special time.

Cesarean deliveries: Your baby will be put on your chest as soon as you and your baby are ready. You can unwrap and cuddle your baby shortly after birth and even in the OR if it's considered safe. Or dad can provide skin-to-skin until you are able!

Both: You can keep your baby like this for as long as you want. Ideally, the baby will nurse in this position within the first hour if you chose to breastfeed.

Talk with your doctor about your birth plan. The Birth Place supports skin-to-skin and will help you carry out your wishes.

