



**The Women's  
Hospital**

JOINTLY PHYSICIAN OWNED

**Deaconess**



# THE **Power** of *touch*

## WELCOMING BABY

Our team at The Women's Hospital strives to provide our families with a smooth beginning on their journey into parenthood. The first few hours of life are an important and exciting time for a new family. Reviewing this information will help you understand the importance of skin-to-skin care within this time period. Skin-to-skin is when the baby is placed against the mother or father's chest. During this time, baby has only a dry diaper on and parent is bare-chested, allowing direct skin-to-skin contact. Sometimes a warm blanket is placed over mom and baby during this time.

The first time skin-to-skin care occurs is generally immediately after birth. This is the best way to ensure a successful start to life. Evidence from research has shown this care is essential for baby's transition to new life as it promotes bonding between parent and child, and helps regulate baby's body temperature and breathing.

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## Keep in Mind...

Immediately after birth, the baby's senses are heightened. He or she is on alert and eager to bond with parents. Because of this desire to bond, we ask that you allow mom to keep baby skin-to skin without interruption.

Remember that mom will be very tired after giving birth. She will be experiencing hormonal changes, lack of sleep, and all of the responsibilities of being a new parent.

We ask that you be considerate of this life-changing event that the parents have just gone through bringing a new baby into the world. In doing so, we ask that you allow them to be alone with their baby for the first few hours after birth.

## Especially for Dads

As the baby's father, you have a very important role in the baby's life. Things that you can do in the first few hours and days after birth include:

- Ask family members and friends to delay visiting for at least two hours after baby's arrival and to keep their visits brief.
- Make sure mom has plenty of water and rest.
- Give mom and baby love and encouragement.
- Help mom keep track of feedings and diaper changes.
- Enjoy your new baby! Cuddle with and talk to your baby so he or she gets to know you.

## For Grandparents

Congratulations! What a special time for you as you support your son or daughter through this wonderful time in life. Research shows that allowing parents to bond with baby through early skin-to-skin contact can have a positive impact on baby's brain development and vital signs. By allowing this to happen you are supporting the health of your grandchild and allowing them a smooth transition into their new life.

