

Safe Skin-to-Skin

- Position yourself in a semi-upright position, not lying flat
- Place baby in an upright chest-to-chest position on you with their shoulders straight and flat against your chest
- Turn baby's face to one side, make sure their head is tilted slightly up and their neck is straight
- Make sure nothing is covering baby's nose and mouth and that you can see their face
- Tuck baby's legs up and bring their hands up near their face
- Cover baby's back with a thin blanket
- Watch your baby's breathing, skin colour and position. If your baby is not breathing easily or their lips are not light red, call for help straight away
- Avoid distractions, such as cell phones, while baby is skin-to-skin or feeding
- If you feel tired or sleepy, have your partner or support person do skin-to-skin, or put your baby safely on their back to sleep in their own bassinet.



If your baby is sick or born too early it may not be possible to do skin-to-skin, or feed your baby during the first hour. Your nurse or midwife will help you to express colostrum for your baby and show you how to give your baby hand hugs until your baby is ready for skin-to-skin contact.

If you have any questions discuss it with your care support circle

(your health care provider, prenatal educator, lactation consultant, public health nurse or doula).



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My Baby's Special Hour

The Golden Hour – The First Hour After Birth



What is the Golden Hour?

The Golden Hour is the first hour after birth and a magical time to bond with your baby



What happens during the Golden Hour?

① Immediate Skin-to-Skin Contact with your baby.

Immediately after birth your naked baby is placed tummy down onto your bare chest. Your baby will feel, smell and hear you and help your baby learn to know you.

Skin-to-Skin Contact helps your baby:

- Feel safe and cry less
- Stay warm
- Steady their breathing, heart rate and blood sugar
- Resist infections. Good bacteria from your skin protects your baby
- Learn how to breast/chest feed

You can do skin-to-skin contact even if you need stitches or had a caesarean section.

If you are not able to hold your baby another person close to you can also do skin-to-skin contact.

When doing skin-to-skin contact it is important to pay close attention to your baby.

② Deferred Cord Clamping

Deferred cord clamping means that the umbilical cord is not immediately clamped and cut. This gives extra time for the blood to flow from your placenta to your baby and helps to steady your baby's breathing, heart rate and blood pressure.

③ Early Breastfeeding

Skin-to-skin contact at birth helps breast/chest feeding get off to the best start. The first milk your body makes is colostrum and helps protect your baby from infections and steady your baby's blood sugar.

④ Delay Routine Care

Your baby will be weighed and examined after the Golden Hour or after they have finished their first feed. Other routine procedures such as eye ointment and vitamin K injection can be done after the Golden Hour while your baby is lying skin-to-skin with you.