



SAFE SKIN TO SKIN

safe skin to skin is one of the most important things a mom can do to assist with breastfeeding

- **Activates "milk-making hormones"**
- **Helps regulate baby's body temperature, blood pressure, as well as heart, and respiratory rates**
- **Establishes a strong foundation for breastfeeding success**



SAFE SKIN TO SKIN CHECKLIST:

- Get comfortable in a semi-reclined seated position (**Not** flat on back)
- Mom removes all clothing from waist up
- Baby is wearing a diaper (No additional clothing including hats)
- Be sure that baby's face can be seen and that baby's head is in "sniffing" distance from mom (should be able to bend to smell baby's head)
- Ensure that baby's head is turned to one side, and that the neck is straight and not bent
- Baby is positioned chest to chest with mom with both shoulders flat against mom's chest
- Legs are flexed like a frog
- Once this position is established a blanket should be placed over mom and baby for warmth
- Both are to be watched when sleeping



breastfeeding
buddies
of Waterloo Region

For more information call: 519-772-1016