

Welcome Baby Softly – Skin-to-Skin Contact



Your chest is the best place for your baby to be while adjusting to life in the world outside the womb. Ask your care provider about the health benefits of spending some time in skin-to-skin contact with your baby immediately after birth.

What is “skin-to-skin” contact?

Skin-to-skin means your baby is placed on your chest, without bedding or clothing in between. Skin-to-skin contact is recommended for newborns right after birth. The first hours of snuggling let you and your baby get to know each other. Newborns crave skin-to-skin contact. It helps for a smooth transition as your baby begins his or her life.

What are some of the health benefits?

- Helps with bonding between you and baby
- Calms baby
- Keeps baby warm
- Regulates baby’s heartbeat and breathing
- Helps get breastfeeding off to a good start

Dads can snuggle too! Babies who are held close to their mothers’ and fathers’ hearts shortly after birth are calm and relaxed, and breastfeed better. Infants are more awake, more active, and cry less. Continue skin-to-skin snuggling at home with your baby while nursing or just relaxing.

Online resources

Visit kp.org/mydoctor to:

- View most lab results and check your preventive health reminders
- Email your doctor
- Use interactive online tools to help keep you and your family healthy

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.