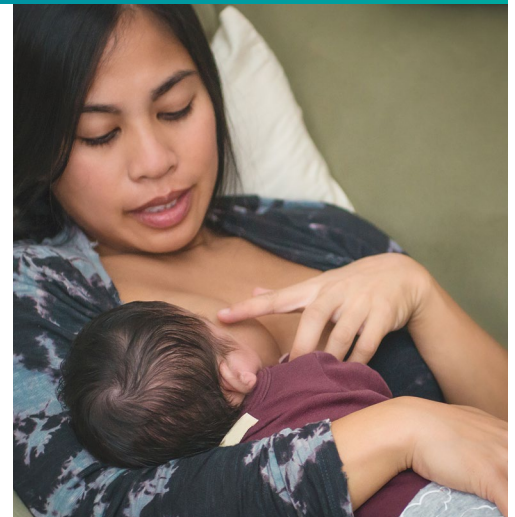


# Skin-to-Skin Contact and Rooming In



## Skin-to-Skin Contact \*

Skin-to-skin contact helps babies adjust to life outside the womb. It supports breastfeeding and helps you develop a close, loving relationship with your baby.

### What is skin-to-skin contact?

After birth, baby is dried and laid directly on mother's bare chest. Both are covered in a warm blanket. Do skin-to-skin any time your baby needs comforting, calming, warming or feeding.

### Skin-to-skin contact:

- Calms and relaxes you and baby.
- Regulates your baby's heart rate, breathing, temperature and blood sugar.
- Stimulates digestion and an interest in feeding.
- Colonizes your baby's skin with mother's friendly bacteria.
- Helps mother's milk come in and improves milk volumes.

### What happens during skin-to-skin contact?

- Mothers have a surge of maternal hormones. They begin to smell, stroke and engage with baby. These hormones help start milk production.
- Babies' instincts drive them to familiarize themselves with their mother's breast. They perform behaviors such as rooting that lead to finding the breast and latching on.
- Babies hear their mother's heartbeat and feel their mother's skin and breathing.

### Safety considerations:

- Baby should be positioned with the face turned to one side so that the mouth and nose are clear.
- Baby should be pink, have good muscle tone, and be kept warm.



Scan the QR code to view the skin-to-skin breastfeeding video.

[sutterhealth.org/breastfeed](https://sutterhealth.org/breastfeed)

\*Meek, J. Y., & Noble, L. (2022). Policy statement: Breastfeeding and the use of human milk. *Pediatrics*, 150(1).

## Rooming In

Rooming-in means mothers and their babies stay together in the same birthing center room.

Rooming in can provide many benefits:

- More skin-to-skin contact.
- More breastfeeding.
- More confident mothers.
- More opportunity to learn about each other.
- Mother's milk comes in sooner and in greater volumes.
- Mothers and babies breastfeed longer.
- Mothers and babies sleep better.
- Babies gain weight better and have less jaundice.

### What mothers and babies need most after birth is each other.

Newborns cry less when they're with their mothers in their room. Levels of stress hormones in infants separated from their mothers are twice as high as those of babies who room in.

Mothers learn to recognize feeding cues when their babies stay in the same room. You'll be better prepared to care for your baby at home.

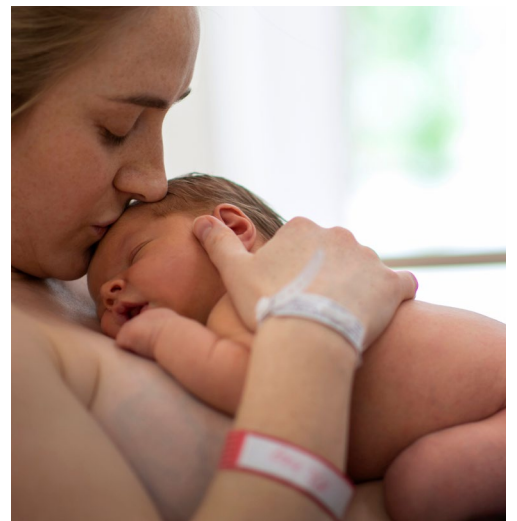
### What about sleep?

Studies show that mothers get the same amount and quality of sleep when their babies room in as when their babies are out of the birthing center room.

Sleep habits change with a new baby. You'll sleep in shorter but frequent chunks of time. Nap when baby is napping. This applies to the daytime as well as the nighttime.

Consider limiting visitors while you're in the hospital. Your nurse can limit interruptions and provide "quiet time" when you won't be disturbed by staff.

Use positions for breastfeeding that help you rest, such as laid-back or side-lying positions.



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