

Nurturing men show some skin

What is skin-to-skin contact?

Skin to skin contact is a practice for providing care for a newborn infant where the baby is placed, either naked or wearing a diaper, directly on the bare chest of their mother or father, and the pair are wrapped in a warm blanket.

How do you do it?

Just take off your shirt, place your baby directly on your chest, and place a warm blanket across your baby's back. Always remember it is never safe to hold a baby skin-to-skin or otherwise while smoking, drinking, or sleeping.



Skin-to-skin contact: Why do it?

**It's good for babies,
it's good for parents.**

For your baby. The warm, physical contact of parents' skin can help to ease babies' transition from mom's body to the world. Research shows that babies who get skin-to-skin contact cry less often and for shorter periods of time.

For Dad. This early introduction can help you to bond with your infant and to prepare you to better recognize their needs. This early connection sets you up to have a strong, nurturing relationship with your child in all of the weeks and years ahead.

For Mom. Mom can get more rest or any necessary medical care after delivery knowing that your baby is getting the closest, nurturing care from you.

For Families. Parents who engage in skin-to-skin contact report higher levels of confidence in their abilities to meet their babies' needs. And the benefits of skin-to-skin contact continue after the hospital stay. Research shows that parents who engage in skin-to-skin contact create homes that are responsive to their children's developmental needs.



Skin-to-skin contact is meant to provide comfort for babies and to foster a strong bond between parents and their infant.

Skin-to-skin contact is not meant to compete with mom's bonding or breast-feeding time. Great times for dads to engage in skin-to-skin contact may include:

- times that mom is receiving additional medical care after delivery;
- periods where mom is resting or taking a break.

The benefits of this practice continue after the hospital stay so both parents will have lots of opportunities to bond in this way with their new baby.

What dad wouldn't be willing to take the shirt off his back for his baby?



Research shows that skin-to-skin contact is a great way to comfort newborns while helping new parents to bond with their baby and to develop confidence in their abilities to meet their infant's needs. This practice supports babies' optimal physical and emotional development.

Visit these websites for more great information about positive parenting strategies.

Positive parenting tips for children from birth through the teen years:
www.cdc.gov/ncbddd/childdevelopment/positiveparenting/

Tips for creating safe, supportive and nurturing relationships with toddlers and preschool aged children:
www.cdc.gov/parents/essentials/

Skin-to-Skin contact



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SKIN-TO-SKIN CONTACT FOR FATHERS AND THEIR BABIES



Bonding with your infant

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