

Labour Ward-Good Practice Skin to Skin = Normality

Separation of mother and baby or wrapping of baby before first breastfeed should only happen if:

- Mother requests it, but ensure you have advised her of the benefits of skin to skin and cuddling
- Medical reasons
- Even mothers who request to bottlefeed should be aware of the benefits of s2s and that there is no rush to feed the baby.



Babies who are held in skin to skin:

- Are more likely to latch on
- Are more likely to latch on well
- Have more stable and normal skin temperatures
- Have more stable and normal heart rates and blood pressures
- Have higher blood sugars
- Are less likely to cry
- Are more likely to breastfeed exclusively longer

