

**Mā te whānau katoa hei awhina te tamaiti,
kia whakatipu, kia ora ai**

Whānau are integral to the growth
and development of
the child

Kiri ki te kiri
**SKIN-TO-SKIN
CONTACT**

The best place for your baby to start life is on your chest immediately after birth. This is a special time that can have lifelong effects. Your baby will be dried and laid directly on your bare chest after birth, covered in a warm blanket and left for at least an hour or until after your first feed together.

Skin-to-skin contact can also take place any time a baby needs comforting or calming and to help boost milk supply. Partners can also be part of on-going skin-to-skin contact for your baby.

Place your naked baby on your bare chest with a cover over baby's back, not around baby's face.

To do this safely you need to be alcohol and drug-free, and not exhausted.



Skin-to-skin contact:

- Supports a life-long relationship with you and your baby
- Settles your baby's heart rate, breathing and temperature - reduces your baby's stress
- Helps your baby recover from the birth and encourages your baby to search for your breast
- Keeps your baby warm and comforted
- Helps colostrum let-down
- Protects your baby from infection and sets up healthy gut bacteria
- Reduces your risk of bleeding after the birth
- Develops your baby's brain



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