

The power of Skin-to-Skin

Baby's First Hug

Missouri Show-Me 5 Hospital

- The best place for baby immediately after birth is skin-to-skin on mother's chest. Baby will stay warm and maintain blood sugar levels.
- Skin-to-skin helps baby begin to breastfeed and stay calm and loved.
- The time mom, dad and baby spend skin-to-skin increases bonding.
- The benefits of skin-to-skin continue after the hospital and help with breastfeeding at home.

Missouri DHSS Department of Health and Senior Services

Missouri Department of Health and Senior Services • WIC and Nutrition Services • Breastfeeding Program • 573-751-6204 • wic.mo.gov

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