

Hold Me Close



At Birth

Your baby is used to being close to you. Put your baby onto your chest as soon as they are born. Your baby should stay with you skin to skin for at least one hour or until after their first feed. Then baby can be weighed, measured, and given medicine as needed.

This helps your baby stay warm, calm, cry less, and is the best place for them to be. It also helps your body heal faster from delivery by stopping extra blood loss.

Watch your baby open their eyes, lick their lips, and start to find the breast. Lean back, relax, and enjoy this time with your baby, even after a c-section recovery time. Let them feed from your breast while keeping them skin to skin. Your baby knows what to do!



At the Hospital

Your baby may not feed for the first 24 hours of their life; this is okay. Keep your baby skin to skin so when your baby wants to feed they are close. Dads are great at holding babies skin to skin too! This will help your baby to be warm, safe, and comfortable as they get used to life with you.

After 24 hours your baby should feed at least 8 times or more in 24 hours. They may eat a lot and then sleep for 4-5 hours, this is okay and normal. Keep your baby close and skin to skin as much as you can to help make feeds easier.



At Home

Your baby will still like being close for many weeks. If you have problems with breastfeeding, your baby is fussy, or even very sleepy; keep them skin to skin. This will help moms or dads to help babies to calm down, wake up, and feed better. Your baby knows what to do, watch them go!



Before and After Baby
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