



Safe Skin-to-Skin With Your Baby

It is good for baby.

It keeps baby's heartbeat, breathing, and body temperature steady.

Always do skin-to-skin in a safe way.

How to safely do skin-to-skin

- ♥ Position yourself so you are a little upright, not lying flat.
- ♥ Look at your baby.

Hold your baby this safe way:

- ♥ Face can be seen, especially their nose and mouth.
- ♥ Head is turned to one side.
- ♥ Head is slightly tilted up and away from their chest.
- ♥ Neck is straight, not bent too far forward or backward.
- ♥ Nose and mouth are not covered.
- ♥ Chest and shoulders are flat against you.
- ♥ Legs are flexed.
- ♥ Back is covered with a blanket.



Did you know?

Healthy babies are more likely to suffocate when we are distracted.

Using your cell phone can distract you. It can keep you from spotting when your baby might have trouble breathing.

When you are skin-to-skin, focus on your baby. Hold your baby in a safe way.

If you are going to use your cell phone, check your baby often.