

# TOPIC 3: THE GOLDEN HOUR AND EARLY SKIN-TO-SKIN CONTACT

## WHAT IS THE “GOLDEN HOUR”?

The Golden Hour is that magical hour after the baby is born when they are in a *quiet-alert* state, meeting you for the first time, and starting to look for food.

## SKIN-TO-SKIN CONTACT

Your baby is placed unclothed on your chest, against your skin, under a blanket and snuggled safely in your arms.

## WHEN?

- Right after birth, or as soon as you are able, for the first 1-2 hours.
- Stay skin-to-skin with your baby frequently during the first few days.

## BENEFITS OF SKIN-TO-SKIN CONTACT

- Keeps your baby warm.
- Helps stabilize blood sugar levels and steady breathing.
- Calming to baby.

## HOW DOES SKIN-TO-SKIN HELP WITH BREASTFEEDING?

- Baby is comforted and cries less.
- Promotes feelings of closeness and bonding.
- Baby can smell colostrum at birth. Amniotic fluid smells like colostrum, so baby is drawn to the breast by the familiar smell.
- Baby may nuzzle down to the breast and latch on unassisted!
- Baby is more aroused to feed. Feedings often go more smoothly when baby is skin-to-skin.
- Boosts milk supply.
- During skin-to-skin contact, baby’s face should always be seen and observed for normal breathing and good color.

# TOPIC 4: ROOMING IN WITH YOUR BABY

## WHAT IS ROOMING IN?

You and your baby will stay in the same room, day and night, for your entire hospital stay, unless a medical need requires separation. One adult support person can stay with you in your hospital room at all times as you learn to care for your baby. If you feel unable to safely care for your infant, ask the hospital staff for help.

## WHAT ABOUT SLEEP?

Mothers have the same amount and quality of sleep when rooming in as when baby is out of the room.

- Sleep when your baby sleeps.
- Plan to have someone stay with you.
- Have visitors watch your baby while you rest.
- Put a sign on your door when you lay down.
- Turn your phone to silent mode.

## BENEFITS OF ROOMING IN FOR MOM & BABY

- Baby sleeps better and cries less.
- It is less stressful for the baby.
- Learn your baby's feeding cues more easily.
- Mother's milk comes in sooner. Babies lose less weight and regain weight faster.
- Baby is safest with mother.
- Babies are exposed to fewer germs.
- Easier to bond and get to know each other.

