

The importance of Skin-to-Skin Contact

Background artwork: Elizabeth Close Arts

Holding your baby close after birth isn't just comforting—it's powerful. You and your baby can benefit in a number of ways:



Helps the brain,
less stress



Be close
to baby



Good for heart
and breathing



More milk



Keeps baby
warm



Good for
weight



Improved sleep
quality



Strong defense,
strong gut

