

# breast & chest feeding it's worth it!

## What is Skin-to-Skin Contact?

Skin-to-skin contact (SSC) is simply holding your baby undressed or dressed only in a diaper against your chest.

### Why Should Families Ask for Skin-to-Skin Contact?

There are many benefits to SSC for newborn babies:

- Better blood sugar levels
- Steady body temperatures
- Stable breathing and heart rates
- Crying less
- Strengthens baby's immune system
- Eases pain
- Easier breast/chest feeding

Parents benefit, too! You may feel more relaxed and bond better with your newborn. Partners can practice SSC, too, especially if the birthing parent is not available after birth due to medical reasons.



### How to Practice Skin-to-Skin Contact in the Hospital

Let hospital staff know you want to hold your baby skin-to-skin as soon as you can. Just after delivery, your nurse will put your baby on your chest and cover you both with a warm blanket.

Your baby may crawl towards your breast and try to latch.

It is ideal to stay skin-to-skin for close to one hour after birth. Many required medical activities such as weighing, measuring, bathing and the vitamin K injection can wait or be done while you and baby are together.

**SSC is great at home, too.**



**Scan the QR Code**  
for more information on SSC at  
home and how SSC can help  
with breast/chest feeding, or  
visit [itsworthitct.org](http://itsworthitct.org).

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