



Skin-to-skin contact for you and your baby at Helensville Birthing Centre

The Helensville Birthing Centre nursing staff are committed to giving you and your baby the best possible start.

During your stay with us you will be offered the opportunity to nurse your baby skin-to-skin and enjoy the benefits of this practice.



Helensville
Birthing Centre

TE PUNA WHANAU KI TE AWAROA

What is skin-to-skin?

Skin-to-skin means your baby is placed belly down directly on your chest. The first hours of skin-to-skin let you and your baby get to know each other. Research indicates that skin contact:

- * **Keeps your baby warm**
If you transfer post-natally with your baby to Helensville we recommend that you spend some time skin-to-skin with your baby on arrival.
- * **Helps to calm you and your baby**
- * **Encourages bonding between you and your baby**
- * **Regulates baby's breathing and heart rate**
- * **Combined with early feeding promotes successful breast feeding**

Your chest is the best place for your baby to adjust to life in the outside world. Compared with babies who are swaddled or kept in a crib, skin-to-skin babies stay warmer and calmer, cry less and have better blood sugars.

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