



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

Helensville Birthing Centre is committed to supporting you and your baby to have the best possible start.

During your stay you will be encouraged to, while awake, care for your baby Skin-To-Skin.



Helensville Birthing Centre

TE PUNA WHANAU KI TE AWAROA

Skin-To-Skin (STS) is best described as when your baby is belly down on your bare chest, clothed only in a nappy. Blankets go over your baby's back, or you may use your own wrap.

Research indicates that STS contact:

- Regulates your baby's temperature
- Regulates your baby's heart rate and breathing
- Promotes optimal brain development
- Stimulates instinctive behaviours for breastfeeding
- Helps baby build a robust microbiome
- Stimulates the release of hormones to support breastfeeding
- Calms and relaxes you and your new baby
- Changes hormones, in both parents, to support your relationship with your new baby

STS helps your baby better adapt to life outside the womb

STS is even more important for babies born early because it:

- Improves oxygen saturation
- Reduces cortisol (stress) hormone levels
- Encourages pre-feeding behaviour
- Assists with growth
- Increases breastmilk production
- Stimulates a mothers antibody production

Continuous STS aka Kangaroo Mother Care, when used to care for premature babies, results in significant, long-lasting social and behavioural protective effects 20 years later.

UNICEF. Skin-to-Skin Contact. Retrieved from <https://tinyurl.com/yd2llkbb>
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Charpak, N., Tessier, r., Ruiz, J., Hernandez, J., Uriza, F., Villegas, J., Nadeau, L., Mercier, C., Maheu, F., Marin, J., Cortes, D., Gallego, J., Maldonado, D., (2017) Twenty-year Follow-up of Kangaroo Mother Care Versus Traditional Care. Pediatrics. Volume 139 / Issue 1. Retrieved from <https://tinyurl.com/ycy7flud>
18 March 2018

Phillips, R. MD, IBCLC, FAAP, Uninterrupted Skin-to-Skin Contact Immediately After Birth, Medscape Monday, March 26, 2018, Retrieved from <https://tinyurl.com/yakzt5kt> 27 March 2018