

Congratulations on your pregnancy!

The expert team at MercyOne Birth Center wants you to be prepared for your new arrival and hospital stay. We practice Skin-to-Skin Contact (STS) at delivery for all of our term, healthy newborns for these important reasons:

Stabilizes Mom and Baby

- Mother's are the best source of heat for their baby's.
- STS regulates baby's heart rate, breathing, blood sugar, and temperature.
- Having your baby STS stimulates the release of Oxytocin, which signals milk production and decreases bleeding.
- Baby's who go STS cry less and STS decreases stress on baby and mother.
- *According to the American Academy of Pediatrics:* a healthy newborn should be placed and stay in direct skin-to-skin contact with their mother immediately after birth until the first feeding is accomplished, delaying weighing, measuring, bathing, needle sticks, and eye prophylaxis until after the first feeding.

Promotes Feeding

- STS improves breastfeeding success. Baby's latch-on to the breast better and exclusively breastfeed longer (on average 6 weeks longer)
- Separation of baby and mother after birth can inhibit the natural breast-seeking behaviors making breastfeeding more difficult.
- Baby's whom breastfed within the first 2 hours of life took 55% more milk on day 4.

Promotes Bonding

- It's great for bonding with your newborn.
- Father's and other family members can bond with baby through STS as well.
- STS is encouraged throughout your hospital stay, as frequently and as long as you wish.
- STS is beneficial to ALL infants regardless of feeding method.