

Skin-to-skin contact: a shared pleasure



Skin-to-skin contact is inspired by the kangaroo method. This Colombian method, created in 1978, was developed to keep the premature baby in contact with human skin to compensate for a shortage of specialized incubators. Today, skin-to-skin contact is recommended for all babies.

What is skin-to-skin contact?

Skin-to-skin contact involves placing the naked baby on the bare chest of the mother or other parent. **The CHUM's Birthing Centre promotes this practice for all babies when the health of both the newborn and the mother allows it.** The method can thus be used with breastfed or formula-fed babies. It is also suitable for premature babies.

The mother is encouraged to initiate skin-to-skin contact with her baby from the moment of birth. This can be repeated as often as desired, both in hospital and at home.

In the case of a caesarean section, skin-to-skin contact can often be initiated in the operating room and recovery room. To do this, the mother needs to be accompanied by the other parent or a relative.

Benefits

For mother and baby

- > Facilitates the transition after childbirth
- > Promotes relaxation after the delivery
- > Maintains the baby's temperature thanks to heat from the skin
- > Stabilizes the baby's blood sugar, heartbeat, and breathing
- > Increases the sense of security: the baby recognizes the mother's heartbeat and smell
- > Has a calming effect
- > Strengthens the baby's latching instinct
- > Facilitates latching and breastfeeding
- > Reduces the risk of excessive bleeding (hemorrhage) from the uterus
- > Promotes the production of breast milk
- > Helps the baby become accustomed to human touch
- > Fosters a sense of attachment
- > Promotes the mother's self-confidence
- > Can help reduce the baby's pain, such as when taking blood samples



For the other parent

- > Fosters a sense of attachment
- > Promotes a sense of self-confidence in the other parent
- > Helps to develop a sensitivity to the baby's needs
- > Fosters a close relationship
- > Facilitates mutual discovery

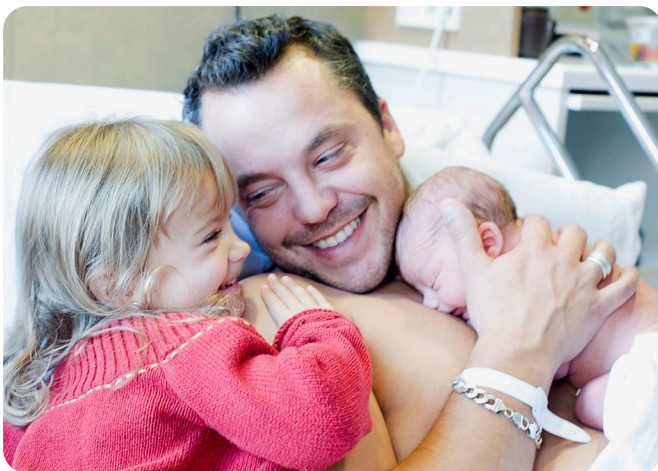
You will quickly get used to this beautiful contact with your baby.
It's a small pleasure you'll want to enjoy again and again!



We wish you a healthy pregnancy, and we look forward to welcoming you here for the birth of your child!

Who can I contact if I have questions?

Feel free to discuss skin-to-skin contact with the doctor and staff at the Birthing Centre.



USEFUL RESOURCES

Perinatal nurses at your neighbourhood CLSC. To locate your CLSC by telephone:
> **1 877 644-4545 (toll free)**

To search by postal code:
> sante.gouv.qc.ca/en/repertoire-ressources/

From Tiny Tot to Toddler: A Practical Guide for Parents from Pregnancy to Age Two.

A copy of this guide was given to you at your first visit.

You can also consult it online:
> www.inspq.qc.ca/en/tiny-tot/consult-the-guide

To learn more about pregnancy, delivery, or follow-up care, visit our website.



Videos, other fact sheets, and more resources are available at:

centredesnaissanceschum.com

The content of this document in no way replaces the recommendations and diagnoses made, or the treatment suggested by your health professional.

To find out more about the Centre hospitalier de l'Université de Montréal
chumontreal.qc.ca