

the importance of the first hour*

Skin-to-skin contact means having baby placed on **mother's bare chest** and covered with a dry blanket. Contact should be immediately after birth and uninterrupted for at least **1 hour** or until the first breastfeed.¹²

BABY'S FIRST HOUR³⁴

SUCKLING About an hour after birth, baby opens his/her (0 minutes/birth) Babies journey begins with a loud mouth wide, latches onto the nipple, and begins cry announcing his/her arrival. suckling. After the first breastfeed, both mother and baby are ready for a sleep. RELAXATION (1-3 minutes) **FAMILIARIZATION** Placed skin-to-skin, baby will relax and (45-60 minutes) there will be no mouth or hand movement. After reaching the breast, baby spends time exploring the nipple by licking, touching, and massaging. AWAKENING (3-8 minutes) About 3 minutes after birth, baby will (35-45 minutes) begin to make small head and mouth At 35 minuntes of age, baby starts to seek movements, and may open his/her eyes. out mother's breast by making short pushing movements with his/her feet, lifting the upper torso, and bobbing his/her head. ACTIVITY (8-35 minutes) As soon as 8 minutes after birth, baby will Any time between the other stages, baby will have moments have increased mouthing, suckling, and of resting and will resume their journey when they're ready. rooting movements.

BENEFITS



Baby is able to hear the mom's heart beat and breathing, and smell and feel her skin, which is very comforting.



Stabilizes baby's vital signs – heart rate, breathing, blood sugar, body temperature.



Promotes interaction and bonding with the baby.



Decreases the level of stress hormones in mom and baby, which results in a calmer baby who cries less.



Increases mom's confidence and relaxation, which helps stimulate milk production and let down.



Promotes earlier establishment of a proper latch and feeding, which means that mom is less likely to have sore nipples and baby will get more milk.



Babies are more likely to breastfeed exclusively.

ROUTINE PRACTICE 12

The first hour can't be repeated.

These can be delayed:

- ▶ Vitamin K injection
- ► Erythromycin eye drops
- ▶ Weight

Routine monitoring and observations

can be done on mother's chest

after vaginal or caesarean birth



100% of full term babies
BENEFIT from immediate
skin-to-skin contact 14

normal newborn behaviours in the first hour may be impacted by medical interventions during labour and birth*

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