

# Get close to me with *Skin-to-Skin Care*



Talk with your baby's care team about when you can start Skin-to-Skin Care.

Your baby will be placed directly next to your skin, in an upright position, wearing only a diaper, then covered with a blanket.

- ♥ Wear clothes that open in the front to easily allow your baby to be placed next to your chest.
- ♥ Remove any jewelry that might interfere with holding your baby.
- ♥ Plan to provide Skin-to-Skin Care every day.
- ♥ When able, hold your baby to your chest before sitting.
- ♥ Sing or talk softly to your baby.
- ♥ Inform staff of any skin rashes or if you feel ill.
- ♥ The smell from perfume or cigarette smoke may bother your baby.
- ♥ Do not fall asleep while holding your baby.
- ♥ Refrain from electronics/cell phone use during Skin-to-Skin Care.
- ♥ If breast milk feeding, pump your breasts after a Skin-to-Skin session.

**Both parents can provide Skin-to-Skin Care!**

# Stay close to me with *Hand Hugs*



You can  
comfort  
your baby  
with a  
Hand Hug.

Both photos are courtesy of march of dimes

♥ Place very light pressure on your baby's head with one hand and cup his feet gently with the other hand.

♥ Be sure to keep your hands still. Provide steady and firm contact without stroking.

♥ A Hand Hug can sometimes calm a fussy baby.



♥ When you give your baby a Hand Hug, you can feel your baby breathe and see your baby relax.



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