



The Klarman Family
Newborn Intensive Care Unit
at Beth Israel Deaconess Medical Center



Skin-to-Skin Care in the NICU



Beth Israel Deaconess
Medical Center



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TEACHING HOSPITAL

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*Affiliated with Joslin Diabetes Clinic
A research partner of Dana-Farber/Harvard Cancer Center
Official hospital of the Boston Red Sox*

What is Skin-to-Skin Care?

Skin-to-Skin Care means holding your baby directly against your bare chest. Your baby will only be wearing a diaper, a hat, and have their back covered with a blanket.

For most infants, the parent's body heat will keep their baby warm.



Benefits

of Skin-to-Skin Care

Skin-to-Skin Care is something unique that a parent can give to their baby. When a parent provides Skin-to-Skin Care, it gets you in touch with your baby and decreases the moments of separation that happen when a baby is in the NICU. There are many benefits of Skin-to-Skin Care for parents and their infants that go beyond holding and cuddling.

- ♥ Infants who receive Skin-to-Skin Care have more stable temperatures, heart rates, and breathing patterns.
- ♥ Infant also have deeper sleep states during and after Skin-to-Skin Care sessions.
- ♥ Skin-to-Skin Care has been shown to be beneficial to a baby's developing brain.
- ♥ Skin-to-Skin Care can help breastfeeding mothers build and maintain a milk supply.
- ♥ Touching, looking at, and talking to your baby can bring special moments of joy to you.

When can I hold my baby Skin-to-Skin?

If you and your baby stay together after delivery, you can start holding your baby Skin-to-Skin right after birth.

When your baby is in the NICU, discuss Skin-to-Skin Care with your baby's care team. Your nurse will help you know when your baby is ready for Skin-to-Skin Care and help you position your baby for Skin-to-Skin holding.

- ♥ The first hours of Skin-to-Skin Care is calming for the parent and baby, and allows you to get to know each other.
- ♥ Keep cuddling Skin-to-Skin all through your baby's hospital stay and when you are at home.
- ♥ Skin-to-Skin Care is also called Kangaroo Care.

If you are sleepy or not feeling well put your baby in the crib or isolette.