




Cheyenne Regional
Medical Center



Skin -to- Skin

This connection of the unwrapped baby lying directly on your skin is called skin-to-skin contact and can provide you and your baby time to get to know each other. This initial snuggling also has very important health benefits.

[cheyenneregional.org](https://www.cheyenneregional.org)

According to the American Academy of Pediatrics, a healthy newborn should be placed and stay in direct skin-to-skin contact with his or her mother immediately after birth and until the first feeding is accomplished.

- Skin-to-skin has proven to help regulate your baby's temperature, blood sugar, heart rate and respiratory rate. Studies have also shown that babies are much more alert and cry less during this time.
- The best start for breastfeeding is when a baby is kept skin-to-skin with the mother immediately after birth for at least one hour.
- Research has shown skin-to-skin babies breastfeed better and stay awake during the feeding.
- Skin-to-skin contact can contribute much to the care of the premature baby. Even babies on oxygen can be cared for with skin-to-skin contact.
- Fathers and other family members can also bond with the new baby through skin-to-skin contact.

For more information, contact:

- Your Childbirth Educator
- Cheyenne Regional Lactation Team:
(307) 633-7567
- Cheyenne Regional Nursery:
(307) 633-7874
- Cheyenne Regional Tender Care:
(307) 633-7803



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