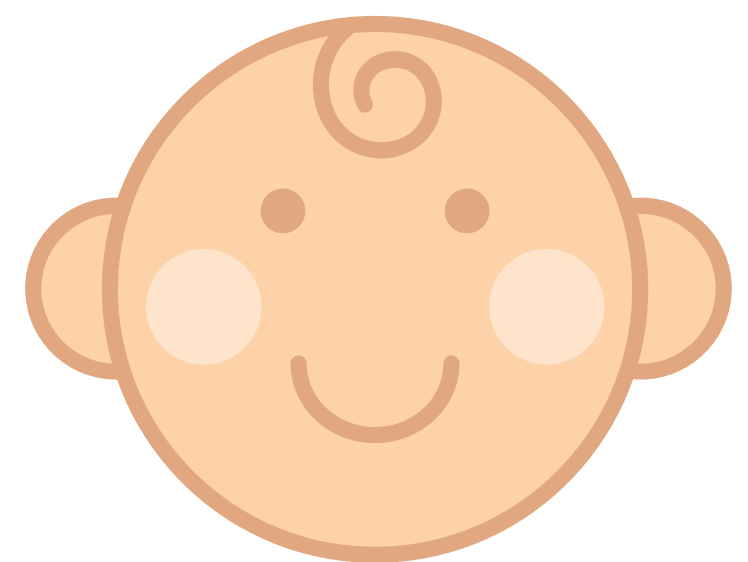


# Skin to Skin - Safety

## Every cuddle counts...

- Always hold baby in an upright position
- Keep baby's head held straight and in-line with their body to help them to breathe
- If you feel tired or drowsy, place your baby in a safe space, or pass them to someone else to hold
- In the first hours after birth, your baby will need to wear a hat and be covered with blankets
- Dress your baby after skin to skin



**Keep your  
baby's face in  
view at all times**

### Benefits of skin to skin:

- Keeps baby warm
- Helps baby to get to know you
- Regulates breathing and heart rate
- Supports breastfeeding
- Stimulates digestion and feeding instincts
- Supports a healthy immune system
- Promotes emotional health and wellbeing for Mum and baby



**South Tees Hospitals**  
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SOUTH TEES FAMILY & BIRTH FORUM  
**Maternity Voices**  
Working in partnership to improve maternity services