

# Keep your baby close

Infants can easily get over-stimulated by lights, noise and being separated from you. Your newborn may close his/her eyes, cry or look away when over-stimulated.



This first hour after birth is a special time for mother, father, and baby. Ask your care provider to help you be a "SOFT" mom.

- S** Skin to Skin
- O** Open Eye to Eye
- F** Fingertip Touch
- T** Time Together

Capture these magical moments with your newborn. Remember to ask your visitors to delay their visit until you have shared this first hour together.



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# Skin to Skin Care



A gift only you can give your baby



## Place your baby on your heart



Best for bonding

Calms baby

Keeps baby warm

Regulates baby's heartbeat  
and breathing

Gets breastfeeding off to  
a good start

## Talk to your baby

Your newborn can hear your voice and will lift his/her head to look at your face when you speak.



## Hold your baby

Your baby will be content when held skin to skin, where he/she can hear your heartbeat and stay warm.



The more you cuddle, hold, rock and nurse your baby, the happier and more content your baby will be.