



Skin-to-Skin Contact

**It's good for babies,
it's good for parents.**

Research shows that skin-to-skin contact is a great way to comfort newborns while helping new parents to bond with their baby and to develop confidence in their abilities to meet their infant's needs. Supporting babies' optimal physical and emotional development.



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For more positive parenting strategies visit
[https://www.cdc.gov/child-development/
positive-parenting-tips/index.html](https://www.cdc.gov/child-development/positive-parenting-tips/index.html)



Skin-to-Skin Contact

For Dad.

This early introduction can help you to bond with your infant and to prepare you to better recognize their needs. This early connection sets you up to have a strong, nurturing relationship with your child in all of the weeks and years ahead.



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Skin-to-Skin Contact

For Mom.

The warm, physical contact of mom's skin can help to ease babies' transition from mom's body to the world.

Research shows that babies who get skin-to-skin contact cry less often and for shorter periods of time.



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