Skin-to-skin contact: Why do it?

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

For your baby. The warm, physical contact of parents’ 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.

For Dad. This early introduction can help you to bond with your infant and 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.

For Mom. Mom can get more rest or any necessary medical care after delivery knowing that your baby is getting the closest, nurturing care from you.

For Families. Parents who engage in skin-to-skin contact report higher levels of confidence in their abilities to meet their babies’ needs. And the benefits of skin-to-skin contact continue after the hospital stay. Research shows that parents who engage in skin-to-skin contact create homes that are responsive to their children’s developmental needs.
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. This practice supports babies’ optimal physical and emotional development.

Visit these websites for more great information about positive parenting strategies.

Positive parenting tips for children from birth through the teen years:
www.cdc.gov/ncbddd/childdevelopment/positiveparenting/

Tips for creating safe, supportive and nurturing relationships with toddlers and preschool aged children:
www.cdc.gov/parents/essentials/

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