



# Hold me, Mom

Babies who are held skin-to-skin on their mother's chest right after birth:

- Are happier and less likely to cry
- Are more likely to latch on and breastfeed well
- Have better heart rates
- Have better temperatures than under a warmer
- Have better blood sugars
- Burn less calories there than under a warmer

So, be sure to tell your doctor and the hospital nurses that you want to hold your baby for at least the first hour after the birth, skin-to-skin (baby naked, not wrapped in a blanket).

That's the best way to introduce your baby to the world.