The American Academy of Pediatrics recommends that all healthy newborns with no evidence of respiratory compromise should remain in direct skin-to-skin contact with their mothers immediately following delivery until the first feeding is accomplished, unless medically contraindicated. This first hour of life is known as the “golden hour” and it is a special bonding time for mother, father, and baby to spend together as a family. We know you want to introduce your baby to your family and friends and we encourage you to welcome them after you have had this time alone.

Benefits for Baby:
- Improved temperature regulation
- Reduced crying
- Stable heart and respiratory rates
- Improved oxygen saturation
- Stable blood glucose levels
- Reduced pain perception
- Improved sleep and wake states
- Decreased stress
- Less weight loss/faster weight gain
- Enhanced brain development

Benefits for mother:
- Decreased stress
- Enhanced confidence with bonding
- Improved interactions with infant
- Increased breastfeeding success
- Increased breast milk supply
- Decreased engorgement

Benefits for father:
- Increased confidence with baby care
- Enhanced sense of control
- Decreased stress
- Increased emotional attachment
- Learn baby’s unique cues for stress
- Improved team-building with mother

“Skin-to-skin” care (also known as kangaroo care) means that your baby will be placed belly-down, directly on your chest, right after she/he is born. The health care team will dry her/him off, place a hat and diaper, and cover both you and baby up with warm blankets. Medications, measurements, and footprints will be delayed until after the first breastfeeding is completed. Most newborns will spontaneously move toward their mother’s breast and latch onto the nipple within the first hour of life. If your baby is not able to immediately snuggle with you due to respiratory compromise, no worries! Skin-to-skin care can start at any hour of age and it is encouraged throughout the first six months of life.