WAIT FOR BABY’S WEIGHT AND BOND WITH BABY FIRST!

After months of waiting who will hold your baby in the 1st moments after birth?

“ROUTINE” PROCEDURES OFTEN SEPARATE MOM AND BABY IMMEDIATELY AFTER BIRTH.

Newborn care ensures baby’s health and wellness, but routine procedures do not need to do not need to happen immediately.

WHY KEEP BABY SKIN-TO-SKIN?

- Helps regulate baby’s heart rate, temperature, blood sugar and breathing
- Allows you to bond with your baby!
- Promotes breastfeeding success
- Reduces crying

IT CAN WAIT!

- Cutting the umbilical cord – your partner can do the honors!
- APGAR assessment – heart rate, breathing, reflex response, muscle tone and skin color
- Body temperature
- Identification, footprints and security bands

IT CAN BE DONE WITH YOUR BABY IN YOUR ARMS

- Cutting the umbilical cord – your partner can do the honors!
- APGAR assessment – heart rate, breathing, reflex response, muscle tone and skin color
- Body temperature
- Identification, footprints and security bands

SAVVY PARENT TIPS

Unless there is a medical concern, mom and baby should not be separated after birth.

There’s no hurry to cut the cord! Waiting for 30 seconds–5 minutes allows blood carrying iron-rich hemoglobin to reach your baby.

VISIT WWW.LAMAZE.ORG TO LEARN MORE.

HERE’S HOW TO MAKE SURE YOU AND BABY DON’T MISS A BEAT:

1. Talk it out
   Make sure your care provider and labor staff know you want uninterrupted contact with your baby after birth

2. Get support
   A doula and your partner can help make sure you get early skin-to-skin contact with your baby

3. Learn to say NO
   Sometimes routines are hard to break. If your care provider or nurse goes on “auto-pilot,” remind them of your preferences

KEEPING YOU AND YOUR BABY TOGETHER IS IMPORTANT.

Lamaze helps you push for the best care!