

# Let's Get Physical!

- the benefits of uninterrupted skin-to-skin contact with neonates -

## Skin-to-Skin Contact

The practice where a baby is dried and laid directly on their parent's bare chest after birth, both covered in a warm blanket and left until after the first feed.



## Benefits



Reduces Risk of Hypothermia

Decreases Infant Mortality Rates



Increases Success of Breastfeeding

Increases Overall Maternal Satisfaction



## Statistics

Comparing success of breastfeeding with use of SSC versus standard contact

| Category       | SSC | Standard |
|----------------|-----|----------|
| Everett Nipple | 84% | 65%      |
| Comfort        | 89% | 88%      |
| No Assistance  | 36% | 23%      |
| Total Success  | 48% | 46%      |

\*Retrieved from The International Breastfeeding Journal



## SSC with Dads

Female infants cry less when participating with SSC with their fathers.

Fathers that participate in SSC with their infant tend to show more affection and improve their bond with their baby.

