

HOW SHOULD YOU MAKE SKIN-TO-SKIN CONTACT?

- ❖ Let your baby hear your inner voice (breathing). For this, choose an environment where you will be alone with your baby, without noise or draft.
- ❖ At room temperature, take off your t-shirt and undershirt as in the pictures. Place your baby on your chest in an upright position with his head to the side, wearing only a diaper. If you wish, you can cover your baby with a blanket.
- ❖ Make eye contact with your baby.
- ❖ After skin-to-skin contact continues for at least 15 minutes, you can end the process whenever you want or when your baby needs care (such as changing diapers, changing clothes, breastfeeding). Provide skin-to-skin contact with your baby at least once a day.
- ❖ **Remember, skin-to-skin contact while smoking or sleeping is not safe for your baby.**

WHAT IS NOT SKIN-TO-SKIN CONTACT?

It does **NOT** mean that the baby and/or father will cuddle while clothed or for less than 15 minutes.

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FATHER&BABY

SKIN TO SKIN CONTACT WITH YOUR BABY



This brochure was prepared for the doctoral thesis titled “The Effect Of Skin-To-Skin Contact On Father-Infant Bonding: A Randomized Controlled Trial”.

HAZIRLAYANLAR

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WHAT IS THE SKIN-TO-SKIN CONTACT?

Skin-to-skin contact is defined as the placement of the baby, naked and upright, on the father's bare chest, with only his diaper on, within the first hour after birth or later. (Figure1, 2).



Figure 1. Father-baby skin-to-skin contact.

It is known that frequent skin-to-skin contact between mother and baby, as recommended, from the early postpartum period onwards, provides many benefits such as reduced stress in mothers, reduced pain, better milk production, and less crying, calmer and more breast milk for babies.

Similarly, studies have shown the benefits of skin-to-skin contact between the father and the baby, which is frequently recommended from the early postpartum period onwards. Some of these are listed below.

BENEFITS OF SKIN-TO-SKIN CONTACT FOR THE FATHER AND THE BABY

- ❖ Babies born prematurely grow faster.
- ❖ The baby's immune system is stronger.
- ❖ Because the immune system is stronger, these babies get sick less.
- ❖ The baby cries less,
- ❖ The baby feels safe,
- ❖ The baby breathes more smoothly with the rise and fall of your chest.
- ❖ The father's stress hormone (cortisol) level decreases.
- ❖ The father's stress decreases and he becomes calmer and happier.

The Best Place for Your Baby is on Your Breast.

- ❖ It makes it easier for the father to adapt to the fatherhood role. It increases father-infant bonding (the emotional bond established between the father and the baby).
- ❖ It increases the self-confidence of fathers.
- ❖ It strengthens the father's behaviors of talking to, touching and caring for his baby.
- ❖ It helps the father discover what the baby's behaviors mean.
- ❖ Your baby will be more successful in school.

Skin-to-Skin Contact Is Important For You And Your Baby

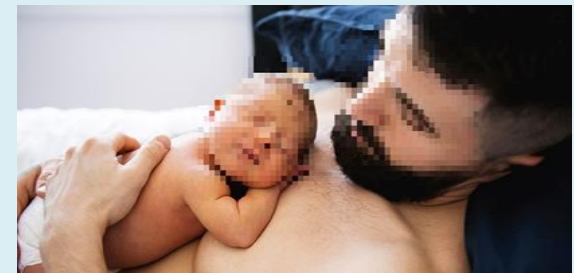


Figure 2. Father-baby skin-to-skin contact.