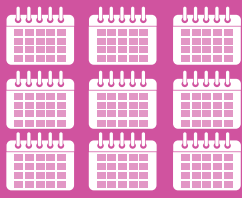


# Wait for Baby's Weight and Bond With Baby First!

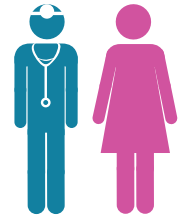


**AFTER MONTHS OF WAITING**

WHO WILL HOLD YOUR BABY IN THE

**1<sup>ST</sup> 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 occur **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<sup>1</sup>

Reduces crying

## IT CAN WAIT!

Birth weight, length and other measurements

Bath

Eye Treatment

Blood Testing

Vitamin K shot and HepB vaccine

### SAVVY MOM TIP #1



Unless there is a medical concern, mom and baby should **not** be **separated** after birth<sup>2</sup>.

### SAVVY MOM TIP #2



There's no hurry to cut the cord! Waiting at least 1 – 3 minutes allows blood carrying iron-rich hemoglobin to reach your baby<sup>3</sup>.

## 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

**KEEPING YOU AND BABY TOGETHER IS IMPORTANT<sup>4</sup>. LAMAZE HELPS YOU PUSH FOR THE BEST CARE!**



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

- **Talk it out** – Make sure your care provider and labor staff knows you want **uninterrupted contact** with your baby after birth
- **Get support** – A doula and your **partner** can help make sure you get early skin-to-skin contact with your baby
- **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

PUSH FOR THE SAFEST, HEALTHIEST BIRTH POSSIBLE. VISIT [WWW.LAMAZE.ORG/PUSHFORYOURBABY](http://WWW.LAMAZE.ORG/PUSHFORYOURBABY) TO LEARN MORE.

Lamaze International

Push for your baby

1 Moore, E.R., Anderson, G.C., Bergman, N., Dowswell, T.(2012). Early skin-to-skin contact for mothers and their healthy newborn infants. *Cochrane Database of Systematic Reviews* 2012, Issue 5. Art. No.: CD003519. DOI: 10.1002/14651858.CD003519.pub3

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2 American Academy of Family Physicians. (2007). Breastfeeding, family physicians supporting (Position paper).

Retrieved from <http://www.aafp.org/about/policies/all/breastfeeding-support.html>

3 World Health Organization. Guideline: Delayed umbilical cord clamping for improved maternal and infant health and nutrition outcomes. Geneva: World Health Organization; 2014.

4 Crenshaw, J. (2007). Care Practice #6: No separation of mother and baby, with unlimited opportunities for breastfeeding. *The Journal of Perinatal Education*, 16(3) 39-43. Retrieved from <http://dx.doi.org/10.1624/105812407X217147>