



HONORING THE *Magical Time* Information for visitors

The first 60 - 90 minutes after birth is a special time when new baby and parents become a family.

The information below explains how you can honor and support this magical time.

The Magical Time

Benefits of Skin-to-Skin Care for all Newborns

- Babies are warmer after birth
- Babies are much calmer and cry less
- Babies breathe easier and have more normal heart rates

Benefits of Skin-to-Skin Care for Mothers

- Mothers have higher levels of relaxation hormones
- Mother and baby get to know each other sooner

Benefits of Breastfeeding

- Babies can latch onto the breast all by themselves
- Mothers and babies are more successful with breastfeeding and breastfeed longer

Welcome new baby

Please allow mother and baby to be skin-to-skin, uninterrupted until after the first feeding

Quiet and calm

Keep the room quiet and calm so baby can hear its parents' voices

Special moments

Enjoy watching baby's amazing, natural and instinctive feeding behaviors

Be patient

Baby's weight and measurements will be taken after the first feeding (approximately 60 - 90 minutes after birth)