

# 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<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 PARENT TIPS



Unless there is a medical concern, mom and baby should not be separated after birth<sup>5</sup>.



There's no hurry to cut the cord! Waiting for 30 seconds-5 minutes allows blood carrying iron-rich hemoglobin to reach your baby<sup>3,4</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 YOUR 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:

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

VISIT [WWW.LAMAZE.ORG](http://WWW.LAMAZE.ORG) TO LEARN MORE.



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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 McDonald SJ, Middleton P, Dowswell T, Morris PS. Effect of timing of umbilical cord clamping of term infants on maternal and neonatal outcomes. Cochrane Database of Systematic Reviews 2013, Issue 7. Art. No.: CD004074. DOI:
- 4 American College of Nurse Midwives. (2014) Delayed umbilical cord clamping (position statement). Retrieved from: <http://www.midwife.org/ACNM/files/ACNMLibraryData/UPLOADFILENAME/00000000290/Delayed-Umbilical-Cord-Clamping-May-2014.pdf>
- 5 Crenshaw, J. T. (2014). Healthy Birth Practice #6: Keep Mother and Baby Together— It's Best for Mother, Baby, and Breastfeeding. The Journal of Perinatal Education, 23(4), 211-217. <http://doi.org/10.1891/1058-1243.23.4.211>