SKIN TO SKIN MATTERS
NINE REASONS

Regulates baby's heart rate, breathing and temperature
Strengthens baby's immunity and reduces infection risk
Supports good sleep cycles for baby's brain development

Reduces postnatal recovery time
Encourages initiation and continuation of breastfeeding and boosts milk production
Promotes bonding, helping babies feel happier and cry less

Improves baby's digestion, reduces feeding discomfort and encourages weight gain
Combats postnatal anxiety and depression
Accelerates baby's brain growth and supports early cognitive development

Research suggests that an hour of skin to skin daily in the "fourth trimester" may impart long lasting benefits*

www.carryingmatters.co.uk/skin-to-skin

*Feldman et al 2014