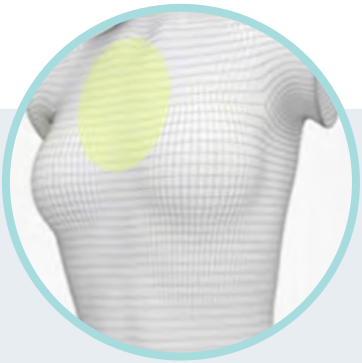
The Science, Practice + Benefits of

SKIN-TO-SKIN CONTACT

for You + Baby

About

Skin-to-Skin Contact



Over 40 years of research has proven that in the early months of life, Skin-to-Skin contact, also referred to as Kangaroo Care, creates remarkable benefits for you and your baby.

Skin-to-Skin contact is a method of holding your baby, who is only wearing a diaper, placed vertically on mom's bare chest, creating full chest to chest contact. Holding your baby this way stimulates the C-afferent nerve, which produces a hormonal cascade, and when practiced for an uninterrupted 60 minutes, delivers physiological and psychological benefits for both mom and baby.

The outer layer of our skin, over the front of our chest, is especially sensitive and powerful. It's packed with nerve fibers that release hormones and eliminate stress responses in the brain and body. These extremely sensitive nerves, the C-afferent nerves, respond only to pleasing human touch. When the nerves are stimulated, it sends a message of pleasure directly to the brain. In response, the brain produces oxytocin, which initiates the hormonal cascade delivering the benefits of Skin-to-Skin contact!

The practice *of* Skin-to-Skin is so valuable to mom + baby THAT IT'S WIDELY RECOMMENDED BY LEADING HEALTH ORGANIZATIONS, *such as:*

World Health Organization

THE AMERICAN COLLEGE OF OBSTETRICIANS AND GYNECOLOGISTS · 1951 · WOMEN'S HEALTH CARE PHYSICIANS

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PROMOTING THE HEALTH OF WOMEN AND NEWBORNS

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The *Benefits* of Skin-to-Skin Contact for Baby

No.1

Accelerates
BRAIN DEVELOPMENT

Skin-to-Skin contact is a multi-sensory experience. Holding baby on your skin increases the development of essential neural pathways, which accelerates brain maturation. In addition, research shows that kangaroo'ed babies spend more time in quiet sleep, which enhances organizational patterns in the brain and decreases baby's stress responses.

No.2

Calms. Soothes.
REDUCES CRYING/STRESS

The direct connection with your skin during Kangaroo Care soothes baby so much that babies'cortisol levels (stress hormone) are measurably lowered after only 20 minutes of being held Skin-to-Skin. And, remarkably, their pain is reduced when held Skin-to-Skin. As a result, babies who experience regular Kangaroo Care often cry less and appear less agitated.

No.3

Regulates
BODY TEMPERATURE

Maintaining body temperature is essential for young infants who do not yet have the skills to keep themselves warm. Nature takes care of that through a process known as thermoregulation. Within minutes of being held Skin-to-Skin, the mother's breasts automatically adjust to cool baby down or warm him up, in response to what baby needs. And if you have twins, mom's breasts can act independently to take care of multiple babies at once.

No.4

Improves
QUALITY OF SLEEP

Development of mature brain function in infants depends on the quality of their sleep cycling. During Kangaroo Care, most infants fall asleep easily, and achieve what is called "Quiet Sleep", a natural deep sleep for 60 minutes or more. This is important, because research points to Quiet Sleep as one of the most beneficial for accelerating brain patterning and maturation.

The *Benefits* of Skin-to-Skin Contact for Baby

...continued

No.5

Enhances

IMMUNE SYSTEM

Baby's immune system is stimulated when placed Skin-to-Skin. Mom's mature immune system passes antibodies through her skin and breast milk to baby. Being on mom's skin also increases baby's skin hydration, which provides a protective barrier from harmful bacteria entering baby's skin.

No.6

Stimulates

DIGESTION + WEIGHT GAIN

Kangaroo Care reduces cortisol + somatostatin in babies, allowing for better absorption and digestion of nutrients, while lessening gastrointestinal problems. With a reduction of these hormones, their bodies preserve brown fat (healthy fat babies are born with), helping to maintain birth weight and keep a warm body temperature. As a result, baby's body does not have to burn its own fat stores to stay warm, resulting in better weight gain. After just one hour of Skin-to-Skin, the infant's digestive system is restored to the right balance for optimal GI function.

No.7

Encourages

BREASTFEEDING BEHAVIOR

Studies have shown that newborns held Skin-to-Skin immediately after birth are twice as likely to breastfeed within the first hour than swaddled newborns. 60 minutes of Skin-to-Skin increases feeding frequency and raises prolactin levels in mom, a hormone critical for maintaining an adequate milk supply.

No.8

Synchronizes

HEART RATE & BREATHING

Simply put, through Kangaroo Care, baby's body learns to self-regulate, resulting in a regular and stable heart beat and breathing pattern. 75% of sporadic breathing and slow heart rate episodes are reduced through Skin-to-Skin.

The *Benefits* of Skin-to-Skin Contact for Mom

No.1

Reduces risk of
POSTPARTUM DEPRESSION

Kangaroo Care increases the levels of maternal oxytocin, which serves to restore mom's pre-pregnancy hormonal levels and reduce the risk of postpartum Depression.

No.2

Increases
MILK PRODUCTION

Studies have shown that moms who practice Kangaroo Care from the start are more likely to continue exclusive breastfeeding when they bring baby home. The surge in maternal oxytocin and prolactin levels in the early hours after birth appear to have long-term effects in increased milk production. Moms who experience breastfeeding difficulties are likely to see near-immediate improvements by practicing Kangaroo Care for at least 60 minutes per session, 1-2 times a day.

No.3

Speeds
RECOVERY TIME

Increased levels of maternal oxytocin are released while mom is holding baby in Kangaroo Care, which in turn…

Lowers
CORTISOL LEVELS
(stress hormone)

Increases
PAIN TOLERANCE

Reduces
BLOOD PRESSURE

Reduces
POSTPARTUM BLEEDING

No.4

Promotes
PSYCHOLOGICAL WELL BEING

Increased levels of oxytocin, a natural hormone that creates a "relaxation and well-being" response, aids mom in responding with nurturing and affectionate behaviors toward her baby. Mom is more sensitive and aware of her baby's needs and feels more confident about her parenting skills.

Reference: Moore ER, Anderson GC, Bergman N. Early skin-to-skin contact for mothers and their healthy newborn infants. Cochrane Database of Systematic Reviews 2007, Issue 3. Art. No.: CD003519. DOI: 10.1002/14651858.CD003519.pub2.

HOW TO PROPERLY POSITION MOM + BABY *for* Skin-to-Skin Contact

1

GO TOPLESS

Mom should be completely topless (not even a bra), semi-reclined, with baby wearing only diaper.

2

CHEST TO CHEST

Place baby in a vertical position directly against your bare chest, with their shoulders resting on or above your breasts. Cover with blanket to keep warm.

3

LOOK + LISTEN

Baby's head should be turned to one side with their neck straight, not flexed or extended. Make sure baby's nose and mouth remain uncovered and you can see their face at all times.

60 *Uninterrupted* Minutes *of* Skin-to-Skin Contact

To reap all the benefits, baby needs to be Skin-to-Skin on your chest for an uninterrupted 60 minutes.

While some of the benefits, such as regulation of baby's body temperature and reduction for baby in post-procedural pain occur within minutes of Skin-to-Skin contact, others, such as decreased levels of stress for mom + baby or increase in mom's milk production, take longer.

In addition, development of mature brain function in infants depends on the quality of their sleep cycling. A healthy sleep cycle, between active sleep and quiet sleep, takes a full 60 minutes to complete. Babies who are held Skin-to-Skin for 60 uninterrupted minutes fall asleep more easily and achieve the full sleep cycle required for brain patterning and maturation.

The

NÜROO POCKET

A newborn carrier designed for Skin-to-Skin Contact.

Why You'll Love It

FULL COVERAGE + MOBILITY

Gone are the days of being stuck in bed.

NO-SLIP POCKET

Keeps baby in the correct position for optimal Skin-to-Skin time.

MULTI-FUNCTIONAL

Use as a maternity shirt, Skin-to-Skin carrier and nursing top.

ADJUSTABLE FIT

Our 'Cross + Hug' closures provide a custom fit as your body changes + your baby grows.

COMFORT FOR TWO

Made from a super-soft, breathable, moisture-wicking fabric designed to support baby.

Forget wraps, straps or ties – babywearing has never been easier!

• Designed for pre- and full-term babies • NICU Approved • Adheres to sling carrier standards • Machine washable + dryer safe • Available in XS-2XL

NüRoo products are designed to support
the 4th trimester and foster the bond
between **Mom + Baby.**

NURSING SCARF

SWADDLER

POCKET

Visit **nuroobaby.com** for more research and information on all of our award-winning products.

NÜROO®
Closest to Mom. Best for Baby.™

Brownmed™
Improving life is our passion

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QUALITY SYSTEM CERTIFICATION ISO 9001:2008 DNV

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