

# SKIN TO SKIN WITH YOUR BABY THE PERFECT WAY TO SAY "HELLO"

- Keeps baby warm
- Helps you bond with your baby
- Regulates heartbeat & breathing
- Reduce's mum and baby's stress levels
- Helps you recognise baby's feeding cues
- Helps stimulate breastmilk supply

Ideal for all babies, any age, however baby is feeding -  
and if mum's unable, dad or another carer can also  
enjoy this close contact with the baby

This poster was sponsored by the Breastfeeding Partnership.