

# BABYBABYBABY

## Soothing Your Baby Starts With Skin to Skin

**Skin to skin contact between a mom and new baby within the first hour of life is shown to provide the following benefits:**

- ✿ Maintains the baby's body temperature.
- ✿ Regulates the baby's heart and breathing rates.
- ✿ Baby spends more time in deep sleep.
- ✿ Enables mom and baby to bond.
- ✿ Baby spends more time quiet and alert and less time crying.
- ✿ Improves a mother's milk production if breastfeeding.

As newborns recover from delivery, it is not unusual for them to sleep for most of their first 24 hours. But, after this initial period, most babies seem to be hungry constantly. This normal behavior is displayed by both breastfed and formula-fed babies.

During the second and third nights, most babies will wake up and cry more often. Newborns actually cry more during the night to make sure they receive adequate care and nutrition during a time when mothers and caregivers are sleepy.

Nurse your baby if he/she displays hunger cues (*sticking out her tongue, opening her mouth, lip smacking, moving his hands to his mouth*). Call your nurse if you need assistance.

**If your newborn has recently completed a great feeding, regardless of the time of day, and still seems unhappy, you can try the following soothing techniques:**

- ✿ **Hold your undressed baby next to your bare chest.**  
Babies stay warm and are calmed by your heartbeat when held skin-to-skin. If you are sleepy, your baby will be safer when placed in the bassinet.
- ✿ **Swaddle baby snugly.**  
Most babies will stay calm longer and sleep better if arms are swaddled straight down along the body.
- ✿ **Hold your baby.**
- ✿ **Offer baby something to suck on, such as a mother's breast or a clean or gloved finger.**  
Sucking causes endorphins or "feel good" hormones to be released in babies' brains.
- ✿ **Rock or sway your baby or pat his back while holding him.**  
Babies miss the constant movement and floating they experienced in the uterus.



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## The Importance of Rooming In

Keeping your baby with you throughout your stay, known as rooming in, has many benefits for you and your baby. In addition to more frequent interaction with your baby, studies show the levels of stress hormones of infants separated from their mothers are twice as high as those of infants who room in. Being with their mother is “home” for babies.

### ✿ Benefits of Rooming In

- ✿ Baby sleeps better and cries less (less stressful for baby).
- ✿ You can get to know your baby better.
- ✿ You can recognize your baby’s feeding cues.
- ✿ Baby feeds more often.
- ✿ Your milk comes in sooner.
- ✿ Baby develops less jaundice.
- ✿ Women exclusively breastfeed longer.
- ✿ You are better prepared to take care of your baby at home.

### ✿ Facts About Rooming In

- ✿ Studies show that mothers get the same amount and quality of sleep when their infants room in as when their infants are out of the room.
- ✿ You have more frequent interaction with your baby while rooming in – more opportunity to touch, look at and get to bond.
- ✿ Spending more time together helps you learn to recognize your baby’s early hunger cues such as lip movements, rooting and/or sucking on fingers or hand.

### ✿ Tips to Help Achieve Successful Rooming In

- ✿ Take the opportunity to rest during the day as well as the night.
- ✿ Your nurse can help limiting day time interruptions and phone calls if you’d like.
- ✿ Get your naps in along with your baby; sleep when baby sleeps.
- ✿ Breastfeed in a side lying or laid-back position so your baby can feed while you rest.



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