

Skin to skin care in practice

Being born is a big change for the child. Having your child skin to skin is a way to make this transition as smooth as possible. Have the child skin to skin as much as possible during the first few days. If there are longer breaks it is important to dress the child who can otherwise get cold. The child will be naked, but with a nappy, in your arms/on your chest, and will have a blanket over its back. A baby carrying shawl/tube makes it easier to have the child close to you while moving freely inside and outdoors. It increases the contact between you and your child.

Sleeping together

Sleeping together safely means that the child sleeps on its back, alongside a parent. The child is to have enough free space, and have its head next to the parent's head. The child's face is to be free, preferably with its own duvet to not get hot. Siblings are not to sleep next to the baby. Parents who use nicotine, or who have drunk alcohol are recommended not to sleep in the same bed as the newborn child.

Advantages for child and parent

- The child can more easily maintain its body temperature
- The child will be calmer, more content and scream less
- The child's changing between sleeping and being awake is improved
- The child will feel less pain when tests are made if it is held skin to skin
- Mum and dad can learn the child's signals quicker, so that they know what the child wants
- The connection between parent and child is easier to make
- The mother can more easily achieve good breastfeeding if the child is near the breast and has the opportunity to suckle often
- The mother may feel better

