

SKIN TO SKIN CARE

HEALING TOUCH

WHAT IS SKIN TO SKIN?

Direct Skin to Skin Care (SSC) is when an infant, wearing only a diaper, is held directly against a parent's bare chest.

Position the infant chest to chest with the parent. The infant can be held in a modified prone or cradle position

A hat may be placed on the infants' head and/or a warm blanket over the infant and parent.

Best practice is to transfer infant from a warmer/crib for SSC using a standing transfer technique, when safe and feasible to do so.



WHAT ARE HAND HUGS

A hand hug is a gentle way to provide comfort and support to a infant in the CICU, especially when full SSC care isn't possible.

Here's how to do a hand hug:

- Two clean and warm hands provide positive touch to infant.
- Gently place one hand on infants' head and the other cupping their feet.
- Alternatively, you can place one hand across their torso or tummy.
- Moderate firm pressure & still touch. Avoid stroking or patting infants' skin, as this can be overstimulating.



Physiological stability

Helps regulate vital signs like heart rate, blood pressure, and breathing



Reduces Stress

Helps lower stress levels in both the baby and the parent, potentially reducing cortisol levels



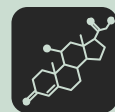
Pain relief

Can relieve pain the baby might feel during certain procedures.



Sleep & Brain Development

Supports good sleep/wake cycles and promotes brain development



Bonding & Attachment

Helps baby and parents form strong attachment and combats postpartum anxiety and depression



Milk Supply

Increases oxytocin hormone and can help improve milk production



Growth & Immunity

Improves digestion and weight gain, strengthens babies immune function



BENEFITS OF SKIN TO SKIN CARE

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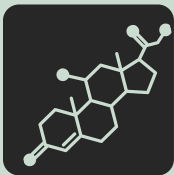
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