

Skin To Skin

for Mom and Baby at Birth & Beyond



Benefits:

Heart rate stabilises

Healthy Microbiome formation
(gut micro-organisms which lead to a healthy immune system)

Decrease in stress hormones

Bonding

Baby cries less

Baby sleeps better

Baby's immune system is greatly enhanced

Better brain development

Better absorption and digestion of all nutrients

Enhances attachment

Lower risk of postnatal depression

Longer, more successful breastfeeding

Skin to skin – the safest, best place for a newborn baby to be from birth for the first 3-4 months



miWay.co.za Life

Crèche Guard
There's only so much "kissing it better" can fix. For everything else, there's Crèche Guard



Bio-Oil®

BABY CITY
We know you care!