



Skin to Skin

for Mom and Baby at Birth & Beyond

Benefits of Skin to Skin

- Baby cries less
- Baby has better brain development
- **Baby sleeps better**
- Baby's immune system is greatly enhanced
- Healthy microbiome formation for baby (gut microorganisms which lead to a healthy immune system)
- **Baby's absorption and digestion of all nutrients is improved**
- Parents self-esteem is increased
- Decrease in stress hormones
- **Longer more successful breastfeeding**
- Mom has lower risk of postnatal depression
- Baby's heart rate, breathing and temperature are stabilised

EXPECTANT
mothers guide



Bio-Oil®

