

DELIVERY ROOM CUDDLES

What are delivery room cuddles?

- This is holding your baby close, soon after delivery
- We will help you to keep your baby warm
- Delivery room cuddles have lots of benefits and help babies to adapt to life outside the womb
- We will help you to position your baby safely for cuddles
- We can help you to have cuddles if you deliver a single baby, or deliver multiple babies

What are the benefits of delivery room cuddles?

- Helps to calm your baby – your baby feels safe and secure
- Reduces stress hormones for you and for your baby
- Helps to steady your baby's heartbeat and breathing
- Keeps your baby warm
- Boosts breast milk production
- Builds confidence in holding and caring for your baby
- Brings your family together through the shared care and love for your baby

What if my baby needs help after delivery?

- Sometimes, after babies are born, they need help with their breathing
- This is more likely if your baby is born preterm
- If this happens, we may need to give treatment to your baby
- We will talk you through what is happening and will aim to bring your baby to you for cuddles if it is safe to do so



Useful links:

- Unicef – The Baby Friendly Initiative: Skin-to-Skin Contact. Available from www.unicef.org.uk/babyfriendly
- Bliss: Skin to skin and kangaroo care. Available from www.bliss.org.uk/parents/in-hospital