

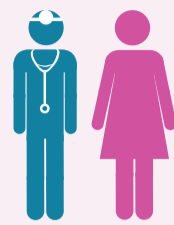
Wait for the Weight and Bond With Baby First!



WHO WILL HOLD YOUR BABY IN THE

1ST MOMENTS

AFTER BIRTH?



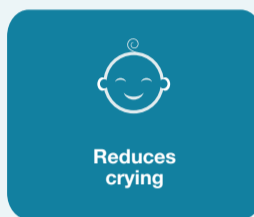
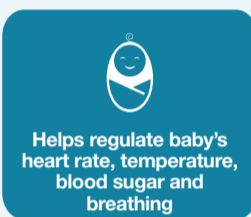
“ROUTINE” PROCEDURES OFTEN SEPARATE MOM AND BABY IMMEDIATELY AFTER BIRTH.

SAVVY MOM TIP #1

Unless there is a medical concern, mom and baby should **not** be **separated** after birth².



WHY KEEP BABY SKIN TO SKIN?



Newborn care ensures baby's health and wellness, but routine procedures do **not** need to occur **immediately**.

IT CAN WAIT!



SAVVY MOM TIP #2

There's no hurry to cut the cord! Waiting at least 30 seconds–2 minutes allows blood carrying iron-rich hemoglobin to reach your baby³.



IT CAN BE DONE WITH YOUR BABY IN YOUR ARMS!



KEEPING YOU AND BABY TOGETHER IS IMPORTANT⁴. LAMAZE HELPS YOU PUSH FOR WHAT'S BEST!

HERE'S HOW YOU CAN HELP ENSURE YOU AND BABY DON'T MISS A BEAT:



- **Talk it out** – Make sure your care provider and labor staff knows you want **uninterrupted contact** with your baby after birth
- **Get support** – A doula and your **partner** can help facilitate early skin-to-skin contact
- **Learn to say NO** – Sometimes **routines** are hard to break. If your care provider or nurse goes on **“auto-pilot”** remind them of your preferences

PUSH FOR THE SAFEST, HEALTHIEST BIRTH POSSIBLE.
VISIT WWW.LAMAZE.ORG/PUSHFORYOURBABY TO LEARN MORE.



1 Moore, E.R., Anderson, G.C., Bergman, N., Dowswell, T.(2012). Early skin-to-skin contact for mothers and their healthy newborn infants. *Cochrane Database of Systematic Reviews 2012, Issue 5. Art. No.: CD003519*. DOI: 10.1002/14651858.CD003519.pub3 <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD003519.pub3/abstract>

2 American Academy of Family Physicians. (2007). Breastfeeding, family physicians supporting (Position paper). Retrieved from <http://www.aafp.org/about/policies/all/breastfeeding-support.html>

3 Rabe, H., Diaz-Rosello, J.L., Duley, L., Dowswell, T. (2012). Effect of timing of umbilical cord clamping and other strategies to influence placental transfusion at preterm birth on maternal and infant outcomes. *Cochrane Database Systematic Reviews 2012, Aug. 15. Art. No.: CDOO3248*. DOI: 10.1002/14651858.CD003248.pub3 <http://www.ncbi.nlm.nih.gov/pubmed/22895933>

4 Crenshaw, J. (2007). Care Practice #6: No separation of mother and baby, with unlimited opportunities for breastfeeding. *The Journal of Perinatal Education, 16(3)* 39-43. Retrieved from <http://dx.doi.org/10.1624/105812407X217147>