

SOCIAL MEDIA

May: Week 1

(Image: May Week 1.png)

Skin-to-skin contact is very important for reducing infant stress, increasing weight gain, boosting their immune system, regulating body temperature, and supporting healthy brain development. Holding an infant in this way can provide a sense of calmness as the infant listens to the caregiver's heartbeat.

Learn more at: <https://babygooroo.com/articles/10-benefits-of-skin-to-skin-contact>

#123connectwithme #touch #skintoskin #parenting

Tag: @babygooroo

May: Week 2

(Image: May Week 2.png)

When your baby cries, responding by holding them promotes feelings of safety and security. When a baby communicates the need to be held or needs a nurturing touch and a caregiver consistently responds with sensitivity and warmth, a trusting and secure relationship develops.

Learn more about the power of simply holding your child at:

<https://www.webmd.com/parenting/baby/features/infants-attention#1>

#123connectwithme #HoldMeClose #parenting #babies

May: Week 3

(Image: May Week 3.png)

Skin-to-skin contact can support increased expression of breast milk and promote bonding during breastfeeding. Breastfeeding is the natural way to feed your baby, but it can be challenging. If you need help, you can call the National Breastfeeding Helpline at 800-994-9662. You can also call your local WIC Program to see if you qualify for breastfeeding support by health professionals as well as peer counselors.

Learn more at: <https://www.breastmilkcounts.com/breastfeeding-101/skin-to-skin/>

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May: Week 4

(Image: May Week 4.png)

Besides helping both babies and their parents to bond with each other, there is a wealth of other benefits that come from practicing skin-to-skin. For moms and dads, skin-to-skin can help those parental instincts kick in.

Learn more about the benefits of skin-to-skin for parents of newborns:

<https://www.healthline.com/health/baby/skin-to-skin#timing>

#123connectwithme #skintoskin #parenting #bonding