

Safe Positioning for Skin-to-Skin Contact



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GO TOPLESS

Parent should be completely topless (not even a bra), semi-reclined, with baby wearing only a diaper.

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CHEST TO CHEST

Place baby in a vertical position directly against the parent's bare chest, with their shoulders resting on or above the breast/chest. Cover with blanket to keep warm.

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LOOK + LISTEN

Baby's head should be turned to one side with their neck straight, not flexed or extended. Make sure baby's nose and mouth remain uncovered and you can see their face at all times.