

Skin to Skin standing transfer



Begin with a quiet word and still hands.



Wrap your baby in their muslin.



Gently move your baby to the edge of the bed.



Lift them gently in side lying.



Bring your baby to a lateral position against your chest.



Gently position your baby upright on your chest, stay still and let your baby adjust to their new position.



Your nurse or therapist will guide you slowly back to your chair.



Your nurse or therapist will help wrap a sheet or blanket around you to help secure your baby. Your baby will have a hat to help maintain their temperature.

When you do skin to skin try and stay for at least one and half hours. You are the best environment for your baby.

Remember to use your mirror to look at your baby during this wonderful moment.

