

Keeping Babies Safe

A Message For Parents

Skin to Skin contact in the early hours after birth helps babies to make an easier transition to life outside the womb

During the early hours of life all babies need close observation by parents and staff which includes:

- A good position that keeps baby's airway open
- Easy, regular breathing
- Good colour (Pink)

(your midwife will explain all of these to you)

If at anytime your baby

- Does not have easy, regular breathing
- Does not have a pink colour

RING YOUR EMERGENCY BELL OR CALL FOR HELP IMMEDIATELY

- If mother has recently had sedation, or is being sutured, she may not be able to observe her baby properly.
- Hospital staff will be able to observe baby, so skin contact with mother may be maintained.
- In some cases placing baby in skin contact with Dad, or support person, or in a cot, may be the safer option.