

Why is the Golden Hour so Important?



Golden hour (keep baby doing skin to skin for 1-2 hours) if not an emergency anything they need done can wait.

Skin to skin immediately after birth

Stimulates oxytocin, turbo charges the bonding process

Helping want to protect and nurture your baby

Oxytocin not only helps with bonding, but stimulates uterine contractions to help birth the placenta

Start to colonise with your friendly bacteria (as well as breastmilk), you begin to protect your baby from unsavoury bugs and germs

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Warmth of your body starts to regulate baby's body temp and reduces cortisol levels (stress hormone)

Triggers your milk ducts so you can breastfeed

'Kangaroo care' is given to many premature babies and improves their health

Someone else can do skin to skin with baby if the birther is unable to do it

Twins - breasts can be a different temperature for each twin! The body is AMAZING!

Great to take some photos and videos of those first moments

Vernix may cover your baby's body. This is a bit like an antiseptic moisturiser

