

# Why Skin-to-Skin?



- ✿ Babies are warmer after birth
- ✿ Babies are much calmer and cry less
- ✿ Babies breathe easier and have more normal heart rates
- ✿ Mothers have higher levels of relaxation hormones
- ✿ Mothers and babies get to know each other sooner
- ✿ Babies can latch onto the breast all by themselves
- ✿ Mothers and babies are more successful with breastfeeding and breastfeed longer



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