

The Sacred Hour



The first hour after birth is a special time when the new baby and parents become a family.

You can honor and support this “Sacred Hour” by doing the following:

- ✿ Leave mother and baby skin to skin (uninterrupted) until after the first breastfeeding
- ✿ Keep the room quiet and calm so baby can hear mostly parents’ voices
- ✿ Enjoy watching baby’s amazing, natural and instinctive feeding behaviors.

