

The Golden Hour



Hancock Regional Hospital's guide to the unique and important time mommy and baby share in their first hour together.

About the Golden Hour

All babies benefit from and need skin-to-skin, regardless of feeding preference. Studies show that the best place for your baby immediately after birth and uninterrupted for the first hour is skin-to-skin. As soon as possible after the birth, your baby will be dried off and placed skin-to-skin against your chest/tummy with his/her arms hugging you. A hat and diaper will be placed on baby and both of you covered with warm blankets. Mother and baby assessments can take place without interruption during skin-to-skin.

Sharing this first hour of your baby's life not only creates memories but helps your baby to regulate his/her temperature, breathing, heart rate, blood sugars and allows breastfeeding initiation.

Ask your family and friends to give you and your baby privacy during the Golden Hour, by waiting to welcome the baby after this special alone time. Your nurse will hang a reminder sign on your door during this time.



Benefits of holding your baby skin-to-skin

Baby

- Will be happier, calmer and cry less
- Stays warmer
- Has more stable blood sugars
- Is protected by some of your “good bacteria”
- Has more stable respiratory, heart and oxygen rates
- Will have more success breastfeeding, which helps decrease the risk of painful ear infections, asthma, RSV (a respiratory virus), diarrhea, diabetes, obesity and SIDS (Sudden Infant Death Syndrome)

Mother

- Gains confidence and satisfaction from caring for your baby
- Learns baby’s feeding cues
- Promotes bonding and closeness
- Will have greater success in breastfeeding and produce more milk
- Will bleed less
- Have an easier time in losing her “baby weight”
- Have a decrease in her risk of breast and ovarian cancer, diabetes and heart disease

Not just the first hour



Skin-to-skin allows baby to hear your breathing, your heart beat, your calming voice and become familiar with your “mommy smell” – all of which he/she had before birth. It also helps with adjustment to the outside world. Your baby will feel safe with your chest being the “nest.”

Help your baby meet milestones of weight gain and critical brain and central nervous system development by holding, cuddling, touching and reading to your baby.

Babies who breastfeed and experience early skin-to-skin are more likely to exclusively breastfeed at hospital discharge, to be exclusively breastfed after discharge, and to breastfeed longer. The American Academy of Pediatrics reaffirms its recommendation of exclusive breastfeeding for about 6 months, followed by continued breastfeeding as complementary foods are introduced, with continuation of breastfeeding for 1 year or longer as mutually desired by mother and infant.

Contact information for our breastfeeding resources are on the back page.



LACTATION DEPARTMENT

801 N. State St • Greenfield, IN 46140
(317) 462.5544

Open 9 a.m.-3 p.m., Monday-Saturday.
Private consultations available by appointment.

Our breastfeeding support group meets
every Monday from 11 a.m.-noon.

Breastfeeding classes are offered from 9-11:30 a.m.
on Saturdays every other month for \$25.
Call (317) 468.4383 to register.

Visit us online and follow us on social media

www.HancockRegional.org
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