



SKIN *to* SKIN



Paulina & David

What is skin-to-skin?

Skin to skin is defined as:

a naked baby wearing only a diaper is placed chest-to-chest with their mother immediately after birth.

Also known as kangaroo care. Can be done with another relative/father.

Benefits of Skin-to-skin

01

Physiologic Stability

- stabilizes respirations and oxygenation
- ↑ glucose levels
- ↑ newborn temperature
- reduces stress
- regulates blood pressure
- decreases crying

02

Promotes Maternal Attachment

Skin to skin contact releases the hormone oxytocin, which is associated in the reduction of stress and bonding with the mother.

03

Supports Brain Development

The amygdala is responsible for emotional learning, memory, and activation of our sympathetic nervous system. It is in critical formation during the first two months of life. SSC activates the amygdala and contributes to its maturation.

04

Increases Breastfeeding Rates

Newborns will initiate breastfeeding in nine instinctive stages. SSC and breastfeeding helps adjust babies to extra-uterine life. Uninterrupted SSC within the first hour postpartum is crucial to successful development of baby.



Impact on our community/fathers

- SSC will increase behaviors such as hugging, caressing, smiling and eye contact which, in turn, promotes feelings of safety/intimacy in the parent-child relationship
- Touch, warmth, stroking and soft light pressure on the skin activates the release of oxytocin which slows down levels of stress in parents and newborns
- Helps fathers develop self-confidence in their role as a parent and eases the transition into fatherhood



Nurse's Role in skin-to-skin

The nurse plays an important role in providing SSC.

The nurse should:

- Prepare the mother and father by educating them before birth
- Let the father know that he will be able to do this as well
- Assure that the newborn has no contraindications
- Carry baby to mother safely
- Offer the parent a blanket to cover both baby and parent.
- Assure the newborn and parent are doing okay



Nurse's Assessment Interventions & Responsibilities

1. Advocate for SSC for the baby and parents
2. Assess the newborn's response skin-to-skin
 - a. Temperature
 - b. Oxygen Saturation
 - c. Skin color
3. Assess parents' response to SSC
 - a. Bonding
 - b. Mother's Vital Signs & Level of Consciousness
4. Education on SSC safety

Skin-to-Skin Adolescent Parents

Adolescent parents may present a difficult time with SSC contact and bonding with the baby due to being young and possibly still not mentally prepared to become parents.

The nurse should

- Listen to and understand their thoughts about becoming parents.
- Educate them on what SSC is and what the benefits are.
- Encourage kangaroo care and help facilitate bonding between the parents and baby.



Skin-to-Skin Safety

01

Continous Oxygen Monitoring

This allows the newborn to be skin-to-skin but also to be able to monitor their oxygen saturation to ensure the baby is getting enough oxygen in their body

02

Repeated Temperature Checks

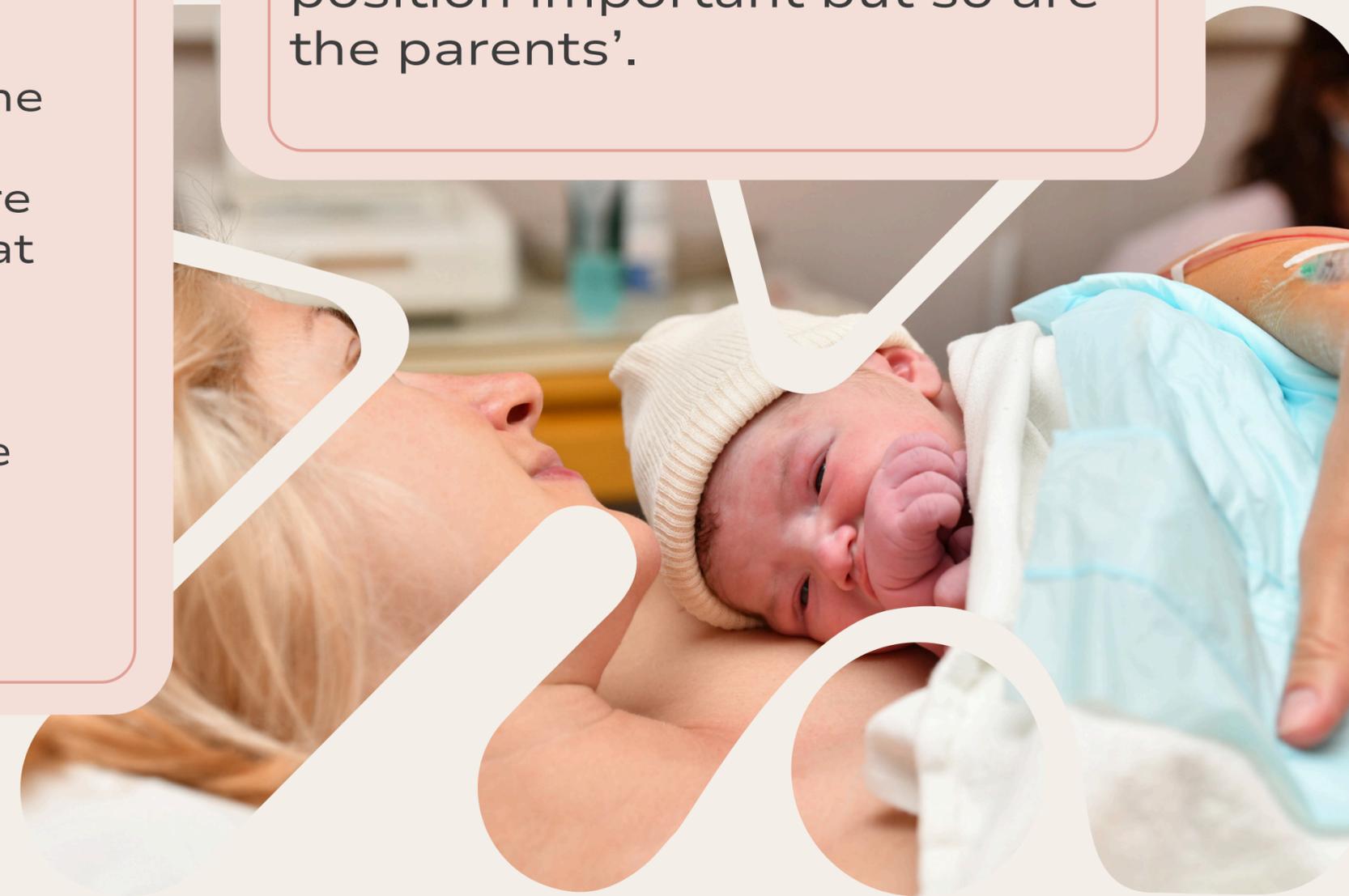
The temperature of the newborn is vital. Repeated temperature checks can ensure that the baby is warm enough. If there is a decrease in temperature, then the baby will be placed beneath a radiant warmer

03

Proper Positioning & Care

Proper and adequate positioning is important in SSC to establish newborn safety.

Not only is the baby's position important but so are the parents'.





Safe positioning for *skin to skin*

1. Infant's face can be seen
2. Head is in sniffing position
3. Nose and mouth are not covered
4. Head is turned to one side
5. Neck is straight, not bent
6. Shoulders and chest face the mother
7. Legs are flexed
8. Infant's back is covered with blankets



COMMUNITY Resources

Covenant Medical
Group Obstetrics and
Gynecology - Blann,
Hatton & Suit

2102 Oxford Ave.
Lubbock, TX 79410

(806) 725-6963

UMC Obstetrics &
Gynecology at Medical
Office Plaza II

Medical Office Plaza
II, 808 Joliet Ave
#210, Lubbock, TX
79415

(806) 761-0432



COMMUNITY Resources

Breastmilkcounts.com by Texas WIC
Breastfeeding help 24/7 call 855-550-6667