

Get to know your baby and let your baby know you



Photo © Pascale Wowak

F I R S T H U G

- Babies who room-in and are skin-to-skin get to:**
- ♥ smell you
 - ♥ hear you
 - ♥ feel you
 - ♥ nurse from you
 - ♥ stay warm
 - ♥ be calmed and loved by you

For a great start, nurse your baby in the first hour of life and plan on rooming-in.

