


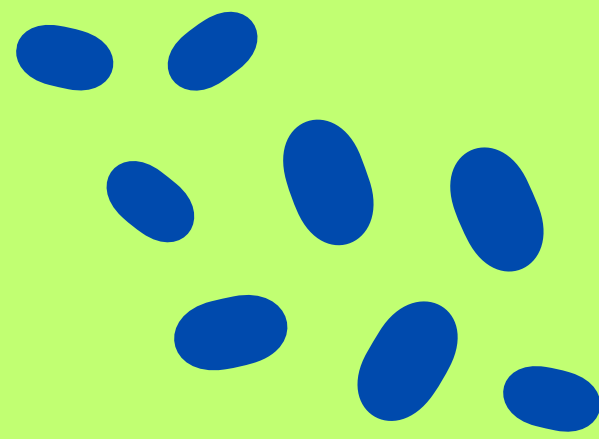
BENEFITS OF SKIN TO SKIN

NOT JUST FOR THE FIRST HOUR AFTER BIRTH



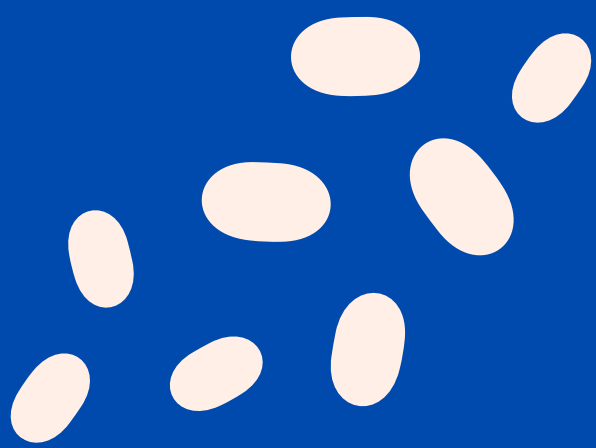
Keeps baby warmer than if they were wrapped up in an incubator

Stabilizes baby's breathing & heart rate



Helps colonize baby's gut flora to boost their immune system

Helps with body feeding



Helps baby gain weight

Lowers your risk of postpartum mood disorders



Normalizes baby's blood sugar

CHECK OUT THE INDEPTH BLOG ON SKIN TO SKIN

www.TorontoDoulaGroup.com

