



Practise Safe Skin-to-Skin Contact

Make sure that your baby's:

- Shoulders and chest are facing you;
- Face is visible;
- Head is up (in “sniffing” position) not looking down;
- Nose and mouth are not covered;
- Head is turned to one side;
- Neck is straight, not bent;
- Legs are in the frog-leg position;
- Back is covered with a blanket.

You must:

- Be in a half-sitting position;
- Be alert and rested;
- Have a family member or friend with you;
- Have good lighting to better see your baby's complexion.

If you are sleepy, put your baby in their bed or in skin-to-skin contact with someone else who is alert.

Do not take the risk of falling asleep with your baby skin-to-skin.