

# The Golden Hour



**The “Golden Hour” is baby’s first hour of life after birth. During this special time, baby lays on mom’s chest skin-to-skin, without anything in between them.**

Your care team will cover you and your baby with a blanket to keep you warm. Your nurses will provide any medical care or checks needed while your baby is on your chest.

Practicing skin-to-skin during the golden hour has many wonderful benefits:

- Bonding between mom and baby
- Keeping baby calm and stable
- Encouraging breast milk production for mom

**WE FIND A WAY**

