

Skin to Skin,  
Positioning and Latch  
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Disclosure

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Objectives

- describe benefits and methods of skin to skin holding
- identify characteristics of a proper latch
- demonstrate positioning options

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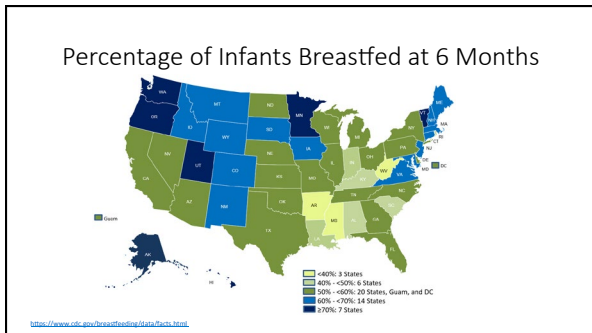
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### Skin to Skin

- How to
  - Baby naked, nothing but a diaper
  - Against mother's bare chest
  - Between mother's breast
  - Blanket atop dyad

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### Skin to skin

- When
  - Immediately to minutes after birth
  - Uninterrupted for the first hour after birth
  - Prior to breastfeeding times
  - Often throughout the day

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### Skin to Skin

- Benefits
  - Promotes transition to extrauterine life
  - Infant is calmer and more relaxed
  - Regulates temperature, heart rate and respiratory rate
  - Blood glucose levels are more stable
  - Colonizes infant with same bacteria as the mother
  - Promotes bonding
  - Helps attune the mother/father to infants needs
  - Can help reduce oxygen needs in premature infants
  - Infants placed skin to skin immediately after birth are more likely to latch on
  - Mothers benefit from this as well

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### Positioning

- Laid Back

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### Positioning

- Side Lying

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Positioning

- Cradle

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Positioning

- Cross Cradle

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Positioning

- Football

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### Latch

- Promote self-attachment/latch on
- If more support is needed... sore nipples, poor milk transfer, poor weight gain, etc... 
- Support skin to skin, tummy to mummy position
- Ensure ears, shoulders and hips are aligned
- Nose to nipple
- Wait for a wide-open mouth
- Guide head swiftly to the breast supporting from upper back/neck vs. back of head
- Support the breast

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### The Crawl

- <https://youtu.be/0KVAQUILFq0>

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### Latch

- Is it pulling or pinching?
  - Pulling or tugging is a good sign
  - Pinching is a sign of a poor latch
    - If pinching adjust position or re latch
- <https://youtu.be/koiUf0f4qGg>

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### Latch

- Signs of a good latch
  - Comfort
  - Audible swallows
  - Positive breast changes
  - Satiated baby
  - Nipple holds similar shape when finished
  - Flanged lips
  - Wide mouth
  - Comfort!

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### Now Let's Practice

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### Questions?

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