

my baby

the golden hour

The first hour after birth when a parent has uninterrupted skin-to-skin contact with their newborn baby is called the **golden hour**.

How does the golden hour work?

The American Academy of Pediatrics recommends that medical procedures, weighing, and bathing wait until after the completion of the golden hour. Immediately after birth, your baby will be placed tummy down on your bare chest and dried. A warm blanket will then be placed over both of you. You and your baby can then relax and bond. You might notice your baby naturally move towards your nipple, latch, and begin to nurse. Unless there is a medical issue, you and your baby should remain undisturbed for this hour.



Golden hour benefits for you and your baby

Skin-to-skin contact helps your baby to regulate their temperature, blood sugar, and breathing. It is also helpful if you plan to nurse your baby. Studies have shown that babies who experience skin-to-skin contact during the first hour from birth are more likely to be successful with nursing and continue to nurse for longer.

The golden hour is also beneficial for you, emotionally and physically. It is a protected time for you to start bonding with your baby. And if you decide to nurse your baby, the hormones released as you chest/breastfeed helps your body to expel the placenta, reducing your risk of bleeding problems after birth.