Position Matters
How to Safely Hold your Baby Skin-to-Skin

For Baby:
Mouth and nose uncovered
Place baby’s face above the breasts
Head turned to one side
Neck straight not bent
Make sure the face can be seen
Keep blanket across baby’s shoulders, away from the face
Chest to chest with shoulders flat against Mom
Legs flexed

For Parents:
Good support behind Mom’s head, back and knees
Mom should be sitting upright not lying back
After breastfeeding, place baby back in upright position

Feeling Sleepy?
Place infant on back in bassinet for Safe Sleep

Source: Wellspan York