



Being close is best!

At Anderson Regional Birth Center, we encourage and support skin-to-skin contact — it is the best beginning for both you and your baby.

Research shows that skin-to-skin contact immediately after birth and in the newborn period is very beneficial for both mom and baby. Some of these advantages include:

- Helps baby learn to regulate temperature
- Helps baby stabilize breathing and heart rate
- Helps baby control blood sugar
- Promotes early breastfeeding and helps with the overall success of breastfeeding
- Provides the best transition to life outside of mom
- Promotes early bonding between mom and baby
- Has a calming effect and decreases crying and fussiness



ANDERSON

Regional Birth Center

2124 14th Street • Meridian, MS 39301
AndersonRegional.org

To learn more, please call our Lactation Center at 601.553.6034.*
To schedule a tour of our Birth Center, please call 601.553.6124.

**Our lactation nurses are often assisting new moms, so please leave a message and we will return your call.*



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At birth — if conditions allow — your baby will be placed directly on your chest immediately after delivery. We will place a blanket and/or towel over the baby to keep the baby warm as you enjoy your first precious moments together. Skin-to-skin contact is recommended for at least one hour after birth.

Depending on the condition of the mother and/or baby at the time of birth, skin-to-skin contact may not be possible. However, skin-to-skin contact is beneficial at any time during the early newborn period, even after you leave the hospital.



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