A good start in life

The secret is close to mum’s chest

A moment to remember forever: holding your baby close to you straight after he’s born. But early skin-to-skin contact does more than help you bond. It steadies your baby’s breathing and keeps him calm and warm. It’s a great way to get breastfeeding off to a good start too.

Breastfeeding – what could be more natural?

Find out more from your midwife or health visitor, or at www.breastfeeding.nhs.uk