

C-Section and Kangaroo Care

Skin-to-skin contact has powerful health benefits for your newborn. This is true whether your baby is born vaginally or by Cesarean section. Skin-to-skin, also called kangaroo care, helps calm babies, makes it easier for them to regulate their temperature and heart rate, increases the chances of successful breastfeeding, and may even help your baby regulate their blood sugar.

Skin-to-skin contact is also a great way for you to bond with your little one, especially in the period immediately after delivery. The first hour after delivery is often described as the “golden hour” because the benefits of skin-to-skin contact are especially powerful. If you have had a c-section, your baby’s doctor will first perform a quick check of your baby’s health and then, if possible, immediately hand your baby to you while you’re still in the operating room. This is a great time to hold your baby against your skin.

Skin-to-skin might seem tricky while lying on your back during your C-section, but your nurse can help position your baby in a way that is comfortable and safe. If you plan to do skin-to-skin contact, it’s a good idea to ask your doctor about the procedure for c-sections before your due date, even if you are planning to have deliver vaginally.

If you are having a scheduled c-section, check with your hospital to make sure they allow skin-to-skin contact right after delivery. While it’s not always possible to control your delivery, no matter how you deliver your baby, skin-to-skin contact will benefit both you and your baby for a lifetime. Take the time after your c-section to enjoy your baby’s contact and soak up the moments as you meet your new little one.