



Helping you to give your baby a healthy start

Bonding with your baby

Holding your newborn baby against your skin is the best way to start the bonding process. It will help you get to know each other and keep your baby warm and relaxed, which encourages their breathing and heartbeat to become regular.

As long as you are both well after delivery, you should be able to start getting to know each other straight away. If you've had a caesarean or are unable to hold your new arrival for another reason, your birth partner can help you out until you're ready.

You'll probably see all sorts of facial expressions as your little one starts studying your face and responding to the sound of your voice. And when you see that tiny tongue poking out and feel them nuzzling in even closer, it's a good sign that it's feeding time.

If you have questions about your birth or bonding with your baby, our team includes pregnancy advisors, midwives and of course mums. Give them a call on **08457 623 628**, between 8am and 8pm Monday to Friday, or try Live Chat - our instant online messaging service, available from 9am to 5pm.