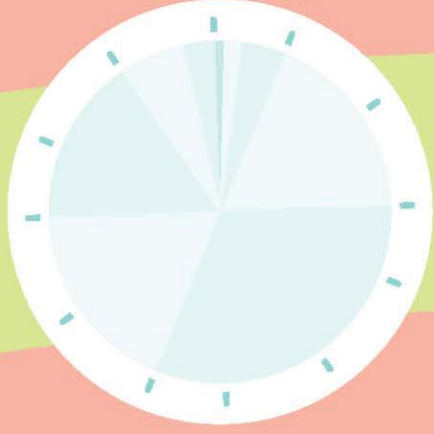


UNDERSTANDING THE 9 STAGES* OF THE Sacred Hour†

TRUST YOURSELF



THE BABY KNOWS WHAT TO DO!

BIRTH CRY



DISTINCTIVE CRY occurs immediately after birth as the baby's lungs expand.



RELAXATION

The newborn exhibits NO MOUTH MOVEMENTS and the hands are relaxed.

The newborn exhibits SMALL movement in the head & shoulders.

AWAKENING



Eyes MAY OPEN along with mouth activity.



ACTIVITY

The newborn begins to make INCREASED MOUTHING AND SUCKING movements; baby opens eyes – may look for mother.

Throughout the nine stages, the newborn is SKIN-TO-SKIN with mother and covered in a warm, dry towel or blanket.

RESTING

The baby may have periods of rest BETWEEN PERIODS OF ACTIVITY throughout the sacred hour's nine stages.



35 MINUTES



CRAWLING

The newborn approaches the breast with short periods of MOVEMENT that result in reaching for the breast and nipple.



45 MINUTES

Why Skin-to-skin?

Studies show the mother-child bond is CRITICAL for baby's on-going growth and development. CLOSENESS is one of the best ways to learn about your baby and begin the important process of bonding and connecting with your newborn. The skin-to-skin contact allows the mother to receive COMMUNICATION CUES that are important for successful breastfeeding.

The newborn BECOMES ACQUAINTED with the mother by licking the nipple and touching and massaging her breast.

FAMILIARIZATION



1 HOUR

SUCKLING

The newborn takes nipple, self attaches and suckles. TIME MAY VARY. For example, if mother has anesthesia during labor, it may take more time skin-to-skin for the baby to complete the stages and begin suckling.



SLEEP

The NEWBORN (and sometimes the mother) fall into a RESTFUL sleep.

What about a Cesarean Birth?

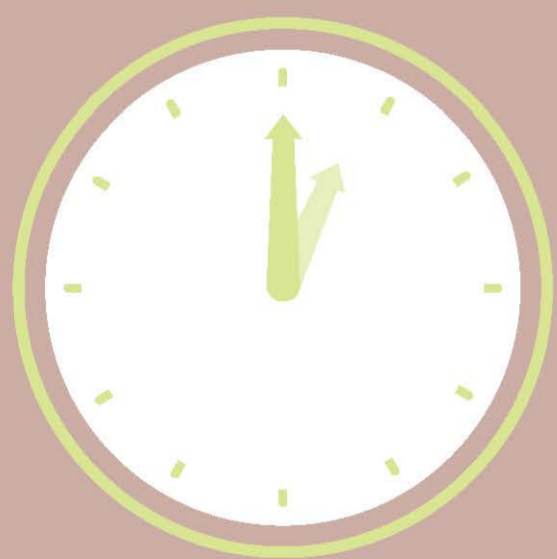
The sacred hour can be experienced with a cesarean birth by placing the newborn HORIZONTALLY ACROSS MOTHER'S CHEST, post-operation.



AVAILABLE FOR A LIMITED TIME ONLY!

Mothers and newborns cannot repeat the first hour, so they need to receive support from hospital staff and family. Common delivery room practices such as weighing, measuring, bathing, eye drops, etc., should be delayed for this important time and process. BE SURE TO DISCUSS THIS WITH YOUR DOCTOR AND FAMILY BEFORE YOUR SPECIAL DELIVERY.

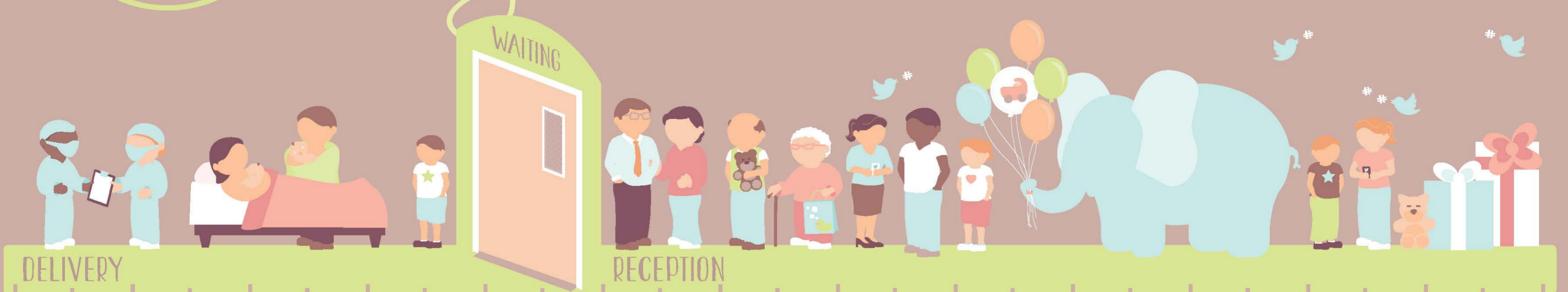
* Widstrom, A-M, Lijta, G., Aaltomaa-Michalakis, P., Dahllof, A., Urttula, M., & Nilsson, E., "Newborn behaviour to locate the breast when skin-to-skin: a possible method for enabling early self-regulation," *Acta Paediatrica*, 100(1), (2010), p.74-85.
† Raylene Phillips, MD, IBCLC, FAAP, "The Sacred Hour: Uninterrupted Skin-to-Skin Contact Immediately after Birth," *Newborn & Infant Nursing Reviews*, 13, (2013), p.67-72.



KEEP THE ELEPHANT OUT OF THE ROOM along with the in-laws

IT'S ONLY AN HOUR!

Friends and family CAN wait to see the baby. Be sure to educate them ahead of time on the IMPORTANCE OF THE SACRED HOUR and what it means to you. And be ready to have your picture taken – whether you like it or not.



Really? REALLY.

BREASTFEEDING. KNOW THE FACTS.

Brought to you by: