

Gentle Cesarean Section

**Mount Sinai South Nassau
Brings the Benefits of Skin-to-Skin
Contact to New Families**



**Mount
Sinai
South
Nassau**

We bring the beauty and magic of skin-to-skin contact to all our families.

Skin-to-skin is the closest babies can be to the warmth and security of their mother's womb. Skin-to-skin after a cesarean section is a way to help babies make a better transition into the outside world.

Baby benefits of skin-to-skin:

- Less crying, more security
- Breathing is better
- Temperature is regulated
- Blood Sugar is better controlled
- Breastfeeding is easier
- Helps baby's immunity

Mom benefits of skin-to-skin:

- Bonding starts sooner
- Breastfeeding starts sooner
- Mom is more relaxed, calm
- Better pain control

If mom cannot hold baby skin-to-skin for any reason, birth partner can step in and begin skin-to-skin contact in the operating room.

We offer our mothers who are having a cesarean section:

“The Golden Hour”

- You can see your baby through our special clear drape.



“I couldn’t believe I was able to see my baby’s first breath and cry! It was amazing!”

- You can hold your baby in skin-to-skin contact moments after birth.
- We lower the blue panel in our special clear drape.
- After a doctor checks your baby, the nurse will place your baby skin-to-skin across your chest and stay with you while you hold your baby. Your nurse can even help you to begin breastfeeding.

*“My baby is so quiet and calm.
I love this!”*



**Mount Sinai South Nassau
Parent-Child Education Department**

516-377-5310

www.southnassau.org/sn/education



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