Gentle Cesarean Section

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

“I couldn’t believe I was able to see my baby’s first breath and cry! It was amazing!”
“My baby is so quiet and calm. I love this!”

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Parent-Child Education Department

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Except where noted, models are used in photos and their appearance here is not reflective of a specific disease profile.