

# Fall in Love!

## Your first hour together.

✓ INITIAL SKIN TO SKIN

✓ THE MAGIC HOUR

✓ THE FIRST FEED

✓ DELAY ROUTINE PROCEDURES



1

### GO SKIN TO SKIN

Lie back slightly and have your baby placed on your bare chest, skin to skin, near your heart.



2

### TALK SOFTLY TO BABY

Cover your baby's back with a blanket and talk softly to keep baby warm and calm.



3

### ENJOY THE MAGIC HOUR

Watch baby use his/her instincts to go through nine steps to learn that you're mom.



4

### WATCH BABY LATCH

Witness baby find your breast and latch on to start feeding all by him/herself.



5

### FEED FOR THE FIRST TIME

Relax and enjoy baby's first feed. See the Nourish sheet for more on feeding.



6

### DELAY PROCEDURES

Ask your care team to delay routine procedures until after the first magic hour.

*Delay Routine Procedures to Experience the Magic Hour!*

- Tell your care team that you want to spend time with baby before the routine procedures are done.
- Ask for the first check-up to be done during skin to skin, or have baby returned to you as soon as possible.
- Ask the nurse to wait until after the first hour to give your baby eye drops, so you and baby can see each other clearly!
- If certain tests are needed, ask your care team if they can be done while your baby is skin to skin with you.

# The Magic Hour

Being together in the first hour is a special way to feel your baby's love. Home is in your arms, skin to skin. Baby wants to be near you more than anything and will stop crying and become calm when he/she is with you. It's a bond that will last forever.

## Watch Baby's Nine Steps (from baby's perspective)

1

### Crying

I cry because this new world is scary!  
I also cry so I can breathe on my own.

2

### Relaxing

Once I'm skin to skin, I'm happy and calm.

3

### Waking

I open my eyes and see you for the first time.  
I know your voice when you talk to me.  
Now I know you're my mom!

4

### Activity

I smell your scent and I want to get even  
closer to you. I move my head and hands  
to look for you.

5

### Resting

All that work makes me tired, so I need to rest.

6

### Crawling

My knees and arms help me move closer to you.

7

### Becoming Familiar

I'm almost there! I smell your milk and use  
my tongue to lick and suck on my hands.

8

### Suckling

I latch on all by myself for my first feed.

9

### Sleep

I am full and happy, and fall asleep.



## How You (Her Champion) Can Help Mom!

As mom's champion, you won't want to miss the magic first hour. Baby's nine steps can be easy to miss if you don't know what to watch for. Learn the steps so you can help mom see each one.

- **Ask family and friends to wait** until after your magic time together before they visit.
- **Ask your nurse and doctor to wait** until after the first hour before doing routine procedures.
- **Talk to baby.** He loves hearing your voice, too!
- **Talk to mom** so she knows what baby is doing. Help her support the baby. Show her when baby is looking for her. Your nurse can help, too.

## Your Visual Guide

Use your Coffective app to see photos of the 9 steps so you can identify each one for your baby.

### Don't have the app?

Just search the app store for  
"Cognitive" and get started!

