

# Exclusive Human Milk for Well-Babies: A PQCNC Initiative

Web-Based Learning Session  
February 23, 2011

# Overview

- A (very) brief review of the evidence for StS
- Proposal to integrate “The Warm Chain” concept
- Kristin Resnik, “Culture Change for StS”
- Brief Video Clip
- Sharing

# Skin to Skin:

## A Best Practice and a Paradigm Shift

- **Earlier initiation of first feed**
- **Increased feeding frequency**
- **Decreased jaundice**
- **Improved thermoregulation**
- **Faster achievement of homeostasis**
- **Decreased crying**
- **Decreased response to painful stimuli**
- **Improved sleep**

# The Warm Chain: A Back Door to Skin to Skin?

- The Warm Chain is an evidence-based package of practices designed to support optimal thermoregulation of the newborn, including:
  - 1. Warm delivery room
  - 2. Immediate drying
  - 3. Skin-to-skin contact
  - 4. Breastfeeding
  - 5. Bathing and weighing postponed
  - 6. Appropriate clothing and bedding
  - 7. Mother and baby together
  - 8. Warm transportation
  - 9. Warm resuscitation
  - 10. Training/awareness raising

# The Warm Chain: A Back Door to Skin to Skin?

- If members of your team have yet to integrate skin-to-skin, and express that breastfeeding is not their priority, **consider promoting the warm chain for thermoregulation.**



# Kristin Resnik, L & D Nurse: Culture Change for Skin to Skin

# Baby's First Hug



Babies who are skin-to-skin and room-in get to know you by:

- smelling you
- hearing you
- feeling you
- nursing
- staying warm with you
- being calmed and loved by you



Brought to you by the  
Low Back Group of Labor and Delivery

“Skin to Skin Contact in the First Hour After Birth: Practical Advice for Staff after Vaginal and Cesarean Birth?”



# Sharing: Small Tests of Change