



A good  
start in life  
The  
secret is  
close to  
mum's  
chest

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A moment to remember forever: holding your baby close to you straight after he's born. But early skin-to-skin contact does more than help you bond. It steadies your baby's breathing and keeps him calm and warm. It's a great way to get breastfeeding off to a good start too.

**Breastfeeding** – what could be more natural?

Find out more from your midwife or health visitor, or at [www.breastfeeding.nhs.uk](http://www.breastfeeding.nhs.uk)