

THE GOLDEN HOUR



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WHAT IS THE GOLDEN HOUR?

The Golden Hour is the first family time Mommy, Daddy, and baby spend together. This time is set aside for first introductions, *oohs* and *ahs*, counting ten little fingers and ten little toes, and trying to figure out hair and eye color.

This once in a lifetime event is a bonding time for you and your baby and should be celebrated!

The long wait to see your little one is over and we want to give your family uninterrupted time to get to know one another. We know you want to introduce your family and friends to your baby, and we encourage you to welcome them after you have had this time alone.



THE IMPORTANCE OF BONDING

Studies show that the mother-child bond is critical for your baby's on-going growth and development.

As part of that bonding experience, the Family Life Center promotes Skin to Skin during the first hours and days of your baby's life. This will help the two of you get to know each other.

This closeness is one of the best ways for you to learn about your baby and begin the important process of bonding and connecting with your newborn.

The Golden Hour helps calm the baby, build up resistance to infection, and gets breastfeeding off to a good start.

Please let us know if you do not want to participate in the Golden Hour or Skin to Skin.

BREAST FEEDING

The Family Life Center at Schneck Medical Center strongly encourages our mothers to breast feed. Recent studies show benefits for both you and your baby.

The Family Life Center staff and nurses are here to support both the new mother and her baby. We will gladly help facilitate your feeding choice for your newborn, as well as, assist you in anyway possible to ensure that you have a wonderful experience in the birth of your baby.

Benefits for Baby:

- 50% ↓ in Ear Infections
- 27% ↓ in Asthma
- 39% ↓ in Diabetes
- 19% ↓ in Childhood Leukemia
- 36% ↓ in Sudden Infant Death Syndrome (SIDS)

Benefits for Mothers:

- 28% ↓ Breast Cancer
- 21% ↓ Ovarian Cancer
- 12% ↓ Diabetes

Information obtained from the AHRQ Report 2007



The First Hour of Your Baby's Life is Golden