

# Skin-to-Skin Bonding

SOCIAL INTERACTION | Ages 0-3 months | 20 minutes

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## About This Activity

Essential bonding time that regulates baby's temperature, heart rate, and promotes attachment.

## Materials Needed

- blanket

## Step-by-Step Instructions

In a warm, quiet space, hold baby against your bare chest (diaper only on baby). Cover with a blanket. This can be done by any caregiver. 20-30 minutes or longer. Perfect for feeding time, calming fussy periods, or bonding. Promotes breastfeeding success and emotional security.

## Developmental Benefits

SOCIAL EMOTIONAL, PHYSICAL