

THE SACRED HOUR

*Just the facts,
Mom!*



Trust yourself. The baby knows what to do!

Upon delivery, the baby's **FIRST HOUR** should be spent with the baby placed directly on mom's chest, **SKIN-TO-SKIN**. Common delivery room practices such as weighing, measuring, bathing, eye drops, etc. should be delayed to allow this important time and process. During this time the baby will naturally go through **NINE STAGES** that help with breastfeeding. To start, place baby on mom's chest.

- 1 BIRTH CRY:** Distinctive cry occurs immediately after birth as the baby's lungs expand.
- 2 RELAXATION:** The newborn exhibits no mouth movements and the hands are relaxed.
- 3 AWAKENING:** The newborn exhibits small movements in the head and shoulders.
- 4 ACTIVITY:** The newborn begins to make increased mouthing and sucking movements; baby opens eyes and may look for mom.
- 5 RESTING:** The newborn may have periods of rest between periods of activity throughout The Sacred Hour.
- 6 CRAWLING:** The newborn approaches the breast with short periods of movement that result in reaching for the breast and nipple.
- 7 FAMILIARIZATION:** The newborn becomes acquainted with its mom by licking the nipple and touching and massaging her breast.
- 8 SUCKLING:** The newborn takes the nipple, self-attaches and suckles.
- 9 SLEEP:** The newborn falls into a restful sleep.

REMEMBER, you cannot repeat this first hour, so make sure to ask for support from your doctor and family **BEFORE DELIVERY!**

For sources, visit ReallyReally.org