

Finally guys, there's a
REASON TO GO
SHIRTLESS!

Visit ReallyREALLY.org for more information
on the many benefits of SKIN-TO-SKIN.

Babies like
Dad's Skin too!

Really?
REALLY.
BREASTFEEDING.
KNOW THE FACTS.

IT'S FATHER-BABY BONDING TIME - WITH ADDITIONAL BENEFITS! Skin-to-skin provides the most important stimulant for the baby's BRAIN DEVELOPMENT in the first eight weeks of life. EITHER PARENT'S SKIN WILL DO.

CLOSENESS is one of the best ways to learn about your baby and begin the important process of bonding and connecting with your child. The skin-to-skin contact allows parents to receive important communication cues such as hunger, tiredness and other baby "dooties." Parents should try to spend AT LEAST ONE HOUR skin-to-skin with their child each day.

Nebraska
Breastfeeding
Coalition

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