

## Benefits of Skin-to-Skin

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- ◇ Helps stabilize baby's heart-beat, breathing, temperature, and blood sugar
- ◇ Encourages Mom-Baby bonding
- ◇ Decreases stress hormones in Mom and Baby
- ◇ Stimulates milk production
- ◇ Promotes early feeding



## Doula Support During your Cesarean Birth

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## Doula Support During your Cesarean Birth



# UNC Birth Partners Doula Program

## Role of the Doula

A doula is a specially trained labor support person who provides comfort and support to patients and families during labor and birth.

At UNC, our volunteer doulas are an important part of the healthcare team. Doulas work closely with nurses to support families during and after birth.

A Birth Partners doula may provide support to you by assisting with skin-to-skin contact between you and your baby in the operating room and recovery area.

UNC Birth  
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## Birth Day

You will get ready for your birth in the pre-operative area. Here you will meet the members of your care team. A Birth Partners doula may also join you before you move into the operating room (OR).

If you have a support person with you, they will be given special clothing to wear. They will enter the OR and sit next to you when you are ready for surgery. Your support person may want to wear a button down shirt for holding your baby skin to skin.

Your nurse will ask if you would like a clear drape to be used (only at the time of the birth) so you can see your baby born.

As long as you and your baby are doing well, you will be able to hold your baby skin-to-skin after he or she is born.

After surgery, you will be monitored closely during the recovery period. Your baby and support person can stay with you. Later, you will be moved to your private postpartum room.

## Skin-to-Skin

Skin-to-skin contact means having baby placed on Mom's bare chest immediately after birth.

Skin-to-skin contact should be uninterrupted for at least one hour or until the first feeding.

Mom and baby will need to be positioned in a special way during skin-to-skin contact in the OR. This can be accomplished with a doula's support.



## Holding your Baby

- ♥ Face is uncovered and visible
- ♥ Head is turned to one side
- ♥ Neck is straight
- ♥ Shoulders are flat against your chest
- ♥ Chest is resting on your chest (not on or under breast)
- ♥ Back may be covered with blanket
- ♥ Knees are bent up