

Congratulations!

BABY HAS ARRIVED. LET'S BEGIN THE 9 STAGES OF THE Sacred Hour

Trust yourself. The baby knows what to do!

Your new baby's first hour is truly sacred. Begin his or her life right by placing the baby directly on Mommy's bare chest immediately after birth and watch as nature takes over.

Follow along the baby's journey and see if you can identify and record the nine stages throughout the next hour.

THE SACRED HOUR BEGAN AT:

AM or PM

(time of birth)

STAGE 1 BIRTH CRY



Distinctive cry occurs immediately after birth as Baby's lungs expand.

Eyes may open along with mouth activity.



STAGE 3 AWAKENING

The newborn exhibits small movements in the head and shoulders.



(after approx. 3 min.)

STAGE 2 RELAXATION

The newborn exhibits no mouth movements and the hands are relaxed.



(after approx. 1 min.)

STAGE 4 ACTIVITY

The newborn begins to make increased mouthing and sucking movements; baby opens eyes and may look for Mommy.



(after approx. 8 min.)

Don't be alarmed if Baby chooses to rest before becoming active.

(anytime)

(after approx. 35 min.)

STAGE 5 RESTING

The newborn may have periods of rest between periods of activity throughout The Sacred Hour. Keep the newborn skin-to-skin with Mommy and covered in a warm, dry towel or blanket.



STAGE 7 FAMILIARIZATION

The newborn becomes acquainted with Mommy by licking the nipple and touching and massaging her breast.



(after approx. 45 min.)

STAGE 6 CRAWLING

The newborn approaches the breast with short periods of movement that result in reaching for the breast and nipple.



(after approx. 35 min.)

Let Baby get a little frisky. Exploration is a good thing.

(after approx. 1 hour)



STAGE 8 SUCKLING

The newborn takes the nipple, self-attaches, and suckles.



Time may vary. For example, if Mommy had anesthesia during labor, it may take more time skin-to-skin for the baby to complete the stages and begin suckling.

(after approx. 1 hour)

STAGE 9 SLEEP

The newborn (and sometimes Mommy) fall into a restful sleep.

Brought to you by:



IT'S A _____!

_____-NAME-_____

WAS BORN ON _____-DATE-_____

AT _____-LOCATION-_____, _____-TIME-_____

_____-WEIGHT-_____ POUNDS, _____-WEIGHT-_____ OUNCES,

AND _____-LENGTH-_____ INCHES.

WITNESSED BY: _____-SIGNATURE-_____



Visit ReallyREALLY.org for more facts on breastfeeding, The Sacred Hour, and skin-to-skin.

Really? REALLY. BREASTFEEDING. KNOW THE FACTS.

Really? REALLY.™ was created in partnership by the Nebraska Breastfeeding Coalition and Live Well Omaha Kids.

AVAILABLE FOR A LIMITED TIME ONLY

Remember, Mommy and Baby cannot repeat the first hour, so they need to receive support from hospital staff and family.

In case you're thinking...

What's taking so long?



The newest member of your family is arriving! You've waited in anticipation for months, and this last hour has seemed to last even longer. But, rest assured the time is well worth the wait.

The Sacred Hour is an important time for both Mommy and Baby. It gets special hormones flowing for physical, emotional, and mental development.

Baby naturally knows what to do!



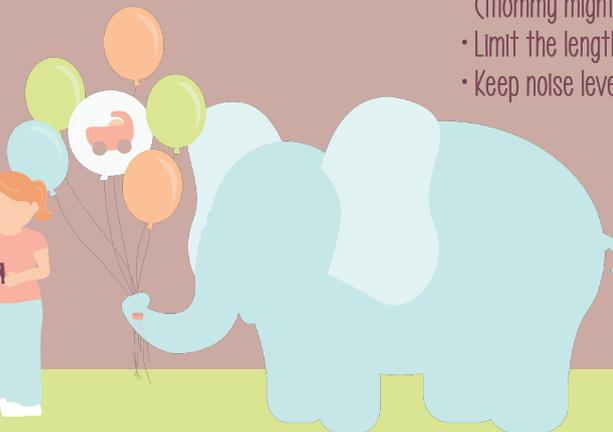
the Weight can wait.

During normal deliveries, common practices such as weighing, measuring, bathing, and eye drops should be delayed for The Sacred Hour.

Remember, Mommy and Baby cannot repeat the first hour, so they need support from hospital staff and family during this time.



Who's the Elephant in the room?



Having a baby can be stressful. Combine that with a crowded room full of family and friends and the stress levels can escalate. We suggest that you consider a few rules of etiquette for patient room behavior:

- Don't swarm Mommy or Baby upon entering the room.
- Holding the baby is a privilege. Be patient.
- Ask first before posting photos to social media. (Mommy might not want to be tagged just yet.)
- Limit the length of your stay and take turns in the room.
- Keep noise levels down and the oxytocin flowing.

What else can I do?

Many new mothers who breastfeed successfully say ongoing support from family and friends is a key factor. Privacy, time, patience and confidence do not always come easily for new mothers. So it is important to help them find these things for continued and less stressful breastfeeding. For more helpful ways to support Mommy...

Visit ReallyREALLY.org



What is The Sacred Hour?

Upon delivery, the first hour is spent with Baby placed directly on mother's chest, skin-to-skin. During this time the baby will naturally go through nine stages toward breastfeeding.

It's only an hour! A small price for Baby and Mommy to create a lasting bond. Follow along the nine stages of The Sacred Hour on the reverse side of this brochure.

Why Skin-to-skin?

Studies show the mother-child bond is critical for Baby's growth and development. Skin-to-skin is one of the best ways to learn about your baby and begin the important

process of bonding with your newborn. The skin-to-skin contact allows the mother to receive communication cues that are important to breastfeeding.

What about a Cesarean Birth?

The Sacred Hour can be experienced with a cesarean birth by placing the newborn horizontally across mother's chest, post-operation.

Visit ReallyREALLY.org for more information about The Sacred Hour.

