


POWER OF A PARENT'S TOUCH FOR BABIES

From the moment a baby is born, the need for tactile stimulation, or touch, is essential for their growth development, learning ability, and literally to survive and thrive.

Gentle skin-to-skin touching tends to have the best positive effect overall. Holding or rocking is beneficial for physiological responses and regulation after a painful procedure.



*Here are just a few
benefits you will
find by your loving
touch:*

The touch of a mother, familiar adult, or sibling can help ill infants cope better with pain

Decreases infant illnesses

Creates a stronger immune system

Improves healthy oxygen levels

Improves beginning language skills

Decreases hospital stays

Improves sleep

Supports healthy weight gain

Decreases crying

Creates healthier brain development

Will keep heart beating at a normal and constant rate

Improves both the parent's and child's mental health

Enhances parent-child bonding

Increases rate of breastfeeding



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