

# January

## All babies enjoy lots of skin to skin and cuddles

- Encourages bonding and attachment
- Soothes and calms crying babies
- Regulates baby's temperature, breathing and heart rate
- Can help with low mood and anxiety
- Also helps with establishing breastfeeding

For further information please speak with your health visitor.

or visit;  
[www.unicef.org.uk](http://www.unicef.org.uk)  
[www.southernhealth.nhs.uk](http://www.southernhealth.nhs.uk)

