

# The Golden Hour

## What is the “Golden Hour”?

The “Golden Hour” is a bonding time for you and your baby that is a once in a lifetime event and needs to be celebrated. It helps calm the baby, build up resistance to infection, and gets breast feeding off to a good start. It is time for introductions to Mommy and Daddy and first “oohs and ahs,” the counting of fingers and toes, and checking out hair and eye color.

It is important for you to have this “Golden Hour” with your baby to begin the bonding process. After the “Golden Hour” with your newborn, we encourage you to invite family friends in to meet your new arrival.

## Why is it important to bond with your baby in the first hour?

Studies show the mother-child bond is critical for your baby’s ongoing growth and development. Siloam Springs Regional Hospital is promoting skin-to-skin in the first hours and days of your baby’s life to help the two of you get to know each other.

This closeness is one of the best ways for you to learn about your baby and begin the important process of bonding and connecting with your newborn.

## Breast Feeding

The physicians on our medical staff and nurses encourage mothers to breastfeed. Numerous studies show important benefits for both you and your baby.

## The benefits for your baby and you

Babies who are held skin-to-skin right after birth have more stable heart rates, temperatures, and blood sugars. They breastfeed sooner, longer and more easily, and even cry less.

The more time you spend holding your baby skin-to-skin after birth, the more benefits you will receive. The Siloam Springs Regional Hospital staff is here to support both the new parents and their baby. We will gladly help facilitate your feeding choice for your newborn, as well as assist you in any way possible to help you have a wonderful birthing experience.



## Benefits for Baby

For babies who are breastfed the first 6 weeks of life, studies have shown a:

- 50 percent decrease in ear infections
- 27 percent decrease in asthma
- 39 percent decrease in diabetes
- 19 percent decrease in childhood leukemias
- 36 percent decrease in Sudden Infant Death Syndrome (SIDS)

## Benefits for Mothers

For moms who breastfed their babies for 6 weeks after birth, studies have shown a:

- 28 percent decrease in breast cancer
- 21 percent decrease in ovarian cancer
- 12 percent decrease in diabetes

*AHRQ Report 2007*



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