

Time	Narration
00:02	Welcome to the spoken tutorial on continuation of skin-to-skin contact after surgery.
00:11	In this tutorial, we will learn about:
00:14	Steps to continue skin-to-skin contact after the surgery is complete.
00:22	In this tutorial, the Operating Room will be called OR .
00:28	Skin-To-Skin contact will be called STS .
00:34	Let us begin.
00:37	Early STS in the operating room is important for the mother and the newborn.
00:44	Its benefits and procedure are discussed in other tutorials of the same series.
00:53	Please visit our website for more details.
00:58	Now, let's discuss how to continue STS after completion of the surgery.
01:07	At this stage, the sterile drape has been removed.
01:13	The mother is ready for transfer to the stretcher.
01:18	She will be taken to the recovery room on the stretcher.
01:24	Before sliding the mother on to the stretcher, the baby should be repositioned.
01:32	The nurse should slowly and gently move the baby's legs to a vertical position.
01:41	Baby's head should be between the mother's breasts.
01:46	The mother can cross her arms over her baby.
01:51	The nurse can place her hands on the top of the mother's hands.
01:58	This will secure the baby during the mother's transfer to the stretcher.
02:05	Now, she can be slid over to the stretcher.
02:11	This is a simple process.
02:14	The baby should never leave the mother's chest during the transfer.
02:20	She can be in the same position on the way to the recovery room.
02:27	So, the baby continues going through the 9 stages towards the 1st breastfeeding.
02:36	There are 9 natural stages or behaviours of a baby after birth.
02:43	The 1st stage is the baby crying immediately after birth.
02:50	The 2nd stage is relaxation during which the baby is very quiet and still.
02:59	3rd stage is awakening which starts with small movements of the baby's head.
03:07	The baby opens her eyes and shows some mouth activity.
03:14	4th is the activity stage during which the baby opens up her eyes widely.
03:22	She touches the mother's chest with her open mouth and lips.
03:29	She shows increased suckling movements.
03:34	She turns her face towards her mother's breast.
03:40	5th stage is resting in which the baby rests until she is ready to move again.
03:49	6th stage is crawling in which the baby tries to reach the mother's breast.
03:58	After reaching the breast, 7th stage called familiarization begins.
04:06	In this stage, the baby licks, touches and massages the breast and the nipple.
04:16	Then, baby latches deeply to the breast to begin the 8th stage called suckling.
04:25	Lastly, the 9th natural stage is sleeping.
04:32	Baby should never be lifted from the mother's chest.

04:37	Ensure 1 hour of uninterrupted STS in the immediate post-delivery period.
04:47	At least this 1 hour must be given to the mother and the baby.
04:54	Otherwise, the baby may become distressed and lose focus.
05:01	It could interfere with the adaptability of the baby's body after birth.
05:09	Before birth, baby was in the protected, calm and warm environment in the womb.
05:17	Her body has to adapt to a bright, noisy and cold life outside the womb.
05:26	When the baby is re-placed, the 9 stages must start all over again.
05:34	Baby will have to advance through all the stages once again.
05:41	Doing this second time will be quicker.
05:45	However, this will delay breastfeeding.
05:50	About 1.5 hours to 2 hours after birth, newborns fall into deep sleep.
06:02	However, sleeping is the last of the 9 instinctive behaviours.
06:10	The 8 instinctive behaviours must be complete before the baby sleeps.
06:17	If she has been interrupted several times, the baby may not complete them.
06:25	Baby will not experience suckling before sleeping.
06:31	It will happen several hours later when the baby awakens.
06:38	After the baby awakens, she should be placed skin-to-skin again.
06:45	Baby will go through all the 9 stages again.
06:51	She will find the breast and attach deeply.
06:57	This instinctive behaviour may be present for the first 4 to 6 months after birth.
07:07	This behaviour should be encouraged, especially in the first few days.
07:14	This will help the mother and the baby grow accustomed to breastfeeding.
07:22	In the 1st few days, only STS is ideal for successful breastfeeding.
07:31	It will activate the baby's instinctive feeding behaviours.
07:37	This will help the baby to quickly learn how to latch correctly.
07:45	Later, the baby will be able to consistently latch deeply even without STS .
07:54	This brings us to the end of this tutorial. Thank you for joining.