9 Stages of the golden hour



The *golden* hour Baby's instinctive behaviour when held skin

to skin post birth for healthy newborns



during the first hour, interspersed between stages or as a transition between stages

nipple & areola area



2. Relaxation: A time immediately after the birth cry ends, when the baby becomes still and has no

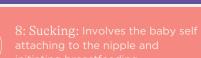
visible movements



7. Familiarization: A stage at the mother's nipple where the baby licks, tastes, touches & moves around the

5. Rest: Could happen at any point





Lansinoh.



4. Activity: Larger body movements, including whole arm motions, finger movements, shoulder motion, head lifting, & stable open eyes



9. Sleeping: An involuntary activity of the baby around 1.5 to 2 hours after birth