



## JOEYBAND – COMPETENCY STATEMENT

- I understand the benefits of skin-to-skin contact for baby
- I understand the benefits of skin-to-skin contact for mom
- I have reviewed the risks for suffocation (SUPC) and falls, and understand the importance of proper positioning during skin-to-skin care
- I understand how to apply joeyband, and the importance of a proper, snug fit
- I have practiced applying joeyband using proper procedure, fit and positioning
- I understand joeyband is for non-ambulatory care (seated or reclined – not a carrier) only
- I understand joeyband is not intended for parents to sleep with their babies

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Benefits of Skin-to-Skin

Clinical Benefits of Skin-to-Skin Care	
Baby	Mom
Accelerates brain development	Reduces risk of post-partum depression
Encourages breastfeeding	Increases milk production
Regulates body temperature and blood sugar	Speeds recovery time
Reduces crying and stress	Lowers cortisol levels
Enhances immune system	Increases pain tolerance
Improves quality of sleep	Reduces blood pressure
Stimulates digestion and weight gain	Reduces post-partum bleeding
Synchronizes heart rate and breathing	Promotes psychological well being

AAP TASK FORCE ON SUDDEN INFANT DEATH SYNDROME. SIDS and Other Sleep-Related Infant Deaths: Updated 2016 Recommendations for a Safe Infant Sleeping Environment. *Pediatrics*. 2016;138(5): e20162938 <sup>[3]</sup>

[www.joeyband.com](http://www.joeyband.com)

[www.sleepbelt.net](http://www.sleepbelt.net)

SleepBelt Inc.

© 2017