

## Anticipated outcomes from skin to skin practice

Individual	Relationship	Organizational	Community
<ul style="list-style-type: none"> <li>Babies emotional and biological needs are met; immunity is increased</li> <li>Reduction in parental anxiety and increase in sense of efficacy for infant care</li> <li>Opportunity to reevaluate masculinity in the context of parenting</li> </ul>	<ul style="list-style-type: none"> <li>Increase in bonding and the delivery of nurturing behaviors between infant and parent</li> <li>Increase in dad's participation in infant care</li> <li>Reduction in maternal stress and parental conflict</li> <li>Reduction in child maltreatment</li> </ul>	Organizations adopt policies, practices and structures that are supportive of active parenting roles for fathers	<ul style="list-style-type: none"> <li>Increased expectation of and support for fathers taking active parenting roles</li> <li>Modification of traditional masculinity norms and fatherhood</li> </ul>

### Evaluation information:

#### WIC program: behavioral adoption and approval rates

All Respondents (Spanish and English speaking)	
Respondents who answered "Yes" to the question "Does/did your partner/baby's father have an active role with your baby?"	
Frequency 3558	Percent 83.56
Respondents who answered "Yes" to the question, "In the first 6m of your baby's life, did your partner/baby's father do skin skin with your baby?"	

Frequency 3013/3558	Percent 84.68%
Spanish speaking (99.66) English speaking (83.31)	
Respondents answers to “In the first 6m of your baby’s life, how often did/does your partner/baby’s father do skin to skin with your baby”	
Frequency Daily- 1576/3013 Weekly- 927/3013	Percent Daily- 52.30 Weekly- 30.76
Respondents answers to “would you recommend skin to skin?”	
Yes 3,400	No 162
<p>We observed that the total number of participants recommending skin to skin exceeded the number of families practicing it. We hypothesize that this was because families that did not have a father present (including foster families) supported the idea of the practice even though it didn’t fit with their family’s experience.</p>	

## Organizational adoption evaluation

Organization	Policy/Procedure
<p><b>Margaret Mary Health</b></p>	<p>Under the policy/procedure section of the Margaret Mary Skin to Skin Protocol, it states, “Fathers of the newborn will be encouraged to participate in skin to skin.”</p> <p>They’ve added the recommendation of skin to skin for mothers and fathers within their prenatal and breastfeeding classes. When they know that they are going to be seeing families—delivering, they call dads the night before and encourage them to wear button up shirts to delivery to facilitate skin to skin.</p>
<p><b>Marion General Hospital</b></p>	<p>“All full-term and late-preterm infants will be placed in skin to skin with their mother/father immediately after birth or as soon as mother is responsive and alert following cesarean section delivery. Skin to skin can also be done by the father until mother returns from recovery.”</p> <p>“Staff will continue to encourage skin to skin contact throughout the hospital stay as well as once the infant is home by both mother and father.”</p>
<p><b>Johnson County WIC</b></p>	<p>Promote the program at any given opportunity</p> <ul style="list-style-type: none"> <li>● With dads when they accompany moms to appointments</li> <li>● With moms to introduce to dad at home if not present at the appointment</li> </ul> <p>Dads reportedly appreciate having materials (i.e. skin to skin posters and brochures) specifically for them</p> <ul style="list-style-type: none"> <li>● “Feels real”</li> <li>● Language resonates with fathers</li> <li>● Love the visuals</li> <li>● No negative comments</li> </ul>

## Participant impacts

### Skin to Skin Evaluation Findings—Grant County Home Visitation Programs

<p>Indicator <i>How do you think your baby's father has been impacted by doing skin-to-skin with your baby?</i></p>
<p>Findings</p> <ul style="list-style-type: none"> <li>• Good bonding/gotten closer/comes to me more - 12 persons (63.2%)</li> <li>• Excited/happy to do it – 1 person (5.3%)</li> <li>• She picks up on partner stress - 1 person (5.3%)</li> <li>• Baby expects it all the time - 1 person (5.3%)</li> <li>• Made experience personal and memorable – 1 person (5.3%)</li> <li>• Loves it- 1 person (5.3%)</li> <li>• Unsure - 1 person (5.3%)</li> <li>• No response-1 person (5.3%)</li> </ul>
<p>Indicator <i>How do you think your family as a whole has been impacted by your baby's father doing skin-to-skin with your baby?</i></p>
<p>Findings</p> <ul style="list-style-type: none"> <li>• More family bonding - 6 persons (31.6%)</li> <li>• Good dad/gives mom a break - 2 persons (10.5%)</li> <li>• Baby goes to the both of us if upset - 2 persons (10.5%)</li> <li>• Unsure - 2 person (10.5%)</li> <li>• Good – 1 person (5.3%)</li> <li>• More relaxed with baby – 1 person (5.3%)</li> <li>• Love it – 1 person (5.3%)</li> <li>• No impact -1 person (5.3%)</li> <li>• "Don't mind." - 1 person (5.3%)</li> </ul>
<p>Indicator <i>How do you think your relationship with your baby's father has been impacted by him doing skin-to-skin with your baby?</i></p>
<p>Findings</p> <ul style="list-style-type: none"> <li>• Closer - 8 persons (42.1%)</li> <li>• Going well - 3 persons (15.8%)</li> <li>• N/A - 3 person (15.8%)</li> <li>• Shared parenting/more rest - 1 person (5.3%)</li> <li>• Knows baby is safe - 1 person (5.3%)</li> <li>• Stronger parents because of his relationship with baby – 1 person (5.3%)</li> <li>• No impact -1 person (5.3%)</li> <li>• Not speaking to one another - 1 person (5.3%)</li> </ul>
<p><i>Notable Quotes/Stories</i></p>
<p>One mom reported that after receiving information around skin to skin from Early Head Start, the dad went home and practiced skin to skin for two hours with the baby. The next day, he voluntarily removed his shirt and repeated the behavior.</p> <p>"I feel like it is a great thing for us. I loved watching [name of father] bond with our son"</p>

"Meant a lot to mom that Dad did it. Showed he would be there for her"

"We are strong parents because of his relationship with the baby."