

Optimal/Delayed Cord Clamping

by Hannah Tizard

#BloodtoBaby



Birth plan

Let your birth attendants know your wishes, include optimal/delayed cord clamping

To birth the placenta you can chose either to let nature take its course **physiological** OR have an injection **active management**

Baby's birth

Baby will be placed with the cord still attached onto mummy's tummy



Baby's immediate and long term **health will benefit** speak to your midwife for more information

Whilst you are busy cuddling baby, he/she will recieve its full circulating blood volume from the **placenta**

Bonding Baby will be gently rubbed dry. Skin to skin contact will comfort your baby



Fathers/birth partners are welcome to cut the cord, ideally once it has **stopped pulsating** but not <1 minute following birth

When baby is weighed (usually after 1 hour skin to skin) baby will benefit from a higher birth weight due to the greater blood volume, **giving baby a better start**

Finally rest well, keep distractions to a minimum and enjoy this time making a **close and loving** bond with your baby