

# *Optimal Cord Clamping*

(delayed cord clamping/cutting)

## *Nurtures a gentle transition...*

Baby is placed skin to skin immediately which helps:

- regulate baby's breathing, heart rate, and temperature
- facilitate breast crawl and instinctive behaviors
- support hormonal changes that encourage gentle uterine contractions and placenta release

## *Provides 1/3 of baby's blood volume*

- Full amount to baby when you "wait for white" (3 -5 min.)
- 60% more red blood cells provided to infant in the first 60 seconds
- Cord blood is rich in white blood cells
- Packed with stem cells

## *Improves hemoglobin and iron*

- Better iron stores for the first 6 months of life
- Improves hemoglobin level at birth
- Reduces risk of iron deficient anemia



Photocredit: Coleen Salazar, Optimal cord clamping (2020)

# Early Cord Clamping

(Immediate cord clamping)

*Early umbilical cord clamping is not recommended unless the baby is not breathing and needs to be moved for further assistance.*

- Review World Health Organization guidelines: "the cord should not be clamped earlier than one minute after birth" (WHO.intl, 2014, p.9)
- Discuss potential reasons for clamping/cutting early with your care provider before your labor begins
- Share your cord care preferences with your birth team (partner/doula/nurse/provider)



Photocredit: Coleen Salazar, Immediate cord clamping (2005)

experience  
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[http://www.who.int/nutrition/publications/guidelines/cord\\_clamping/en/](http://www.who.int/nutrition/publications/guidelines/cord_clamping/en/)  
[http://www.who.int/maternal\\_child\\_adolescent/documents/basic\\_newborn\\_resuscitation/en/](http://www.who.int/maternal_child_adolescent/documents/basic_newborn_resuscitation/en/)  
[midwife.org/acnm/files](http://midwife.org/acnm/files)  
[waitforwhite.com](http://waitforwhite.com)