



it's a bonding thing

The SOFT© acronym was developed by PSN to give perinatal care providers an easy way to remember the general principles of bonding and attachment. It provides a step-by-step recommendation for a healthy newborn within the first two hours of life.



Skin to Skin

Infant is naked on mother's naked chest and there is no bedding or clothing between them for a minimum of 15 minutes during the first two hours of life.



Open Eye to Eye

Both mother and infant have eyes open and are making eye contact with each other at a distance no greater than 12 inches. Mother is watching the baby and baby is watching the mother.



Fingertip Touch

Mother explores infant with her fingertips. This occurs spontaneously and without interruption.



Time Together

Mother is given time to hold her unwrapped infant in an unhurried and uninterrupted environment for an unlimited period of time (at least 15 minutes during the first two hours of life). During this time, no painful procedures are being done to the mother or baby. The mother and baby are left alone together in the room if possible with no one else in the room except the father and one perinatal care staff observing.

SOFT© has been collected on over 70,000 births since August of 2002. Some Network Hospitals incorporated the SOFT© acronym into their charting, making it a permanent part of the patient assessment during the hospital stay. Nurses have begun to use SOFT in new terminology such as, "my patient is SOFTing." or "I'm a SOFT nurse."

The SOFT© message will be on several billboards in the Inland Empire throughout this year.

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