

What is delayed cord clamping?

Delayed cord clamping is the practice of waiting a short time before cutting the umbilical cord after birth. This allows blood from the umbilical cord, along with extra iron, stem cells, and antibodies, to flow back into the baby.

Delayed cord clamping appears to be helpful for both full-term and preterm babies. For this reason, the American College of Obstetricians and Gynecologists (ACOG) recommends delayed cord clamping for at least 30 to 60 seconds after birth for most babies.

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