



Kangaroo Care

Kangaroo care is a method of holding a baby, who wears only a diaper, on your chest with skin-to-skin contact.

Both mothers and fathers are encouraged to provide kangaroo care to their babies, when approved by the medical team.

Baby's benefits from kangaroo care may include:

- Stabilized heart rate
- More regular breathing pattern
- Improved oxygen delivery to organs
- Increased sleep time
- Increased brain development
- More rapid weight gain
- Decreased stress and crying
- More successful breastfeeding
- Earlier hospital discharge
- Decreased risk of infection

Parents' benefits from kangaroo care may include:

- Improved bonding and feelings of closeness with your baby
- Increase in mother's breast milk supply
- A better sense of control and confidence in your ability to care for your baby
- Decreased stress levels

How to kangaroo:

1. Wear a shirt that opens in the front.
2. While seated, place the baby, wearing only a diaper, on your bare chest in an upright position.
3. Cover the baby with your shirt, gown, or a blanket.
4. Now simply relax for at least an hour and enjoy this unique bonding experience.
5. After kangarooing, let your baby rest.

