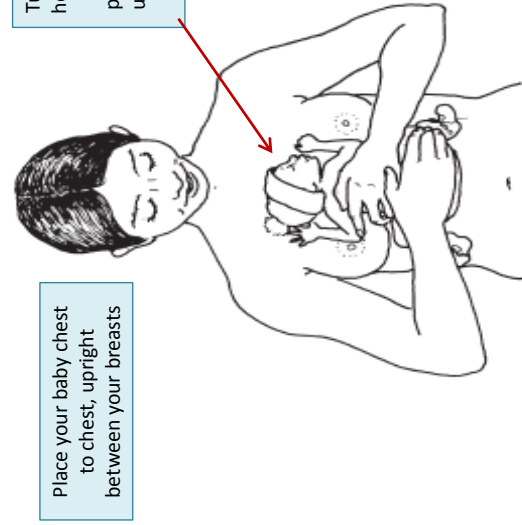


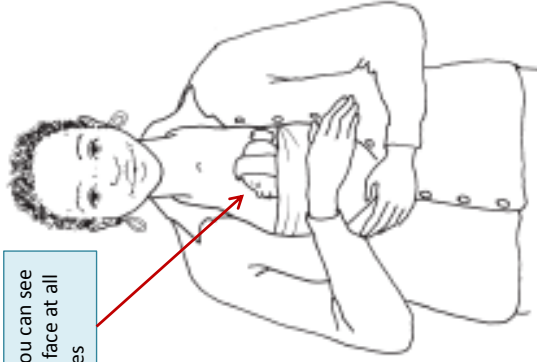


Skin to skin contact - Mums, dads and babies love it. Here's how to do it safely.



Place your baby chest to chest, upright between your breasts

Turn your baby's head to one side with the chin pointing slightly up in a 'sniffing' position



Make sure you can see your baby's face at all times

Use a wrap or place a blanket over your baby's back just under the ears. Secure firmly.



Kangaroo Care: A guide for parents

Kangaroo Care

What is it?

Care for a baby (often preterm) where the baby is held in skin to skin contact with a parent (usually the mother) in a chest to chest position for as long as possible. It improves growth, feeding, development, comfort and bonding.

5 Important reasons to do Kangaroo Care (KC) with your baby

1. KC can get your baby home sooner.

It helps to stabilise your baby's bodily functions such as heart rate, breathing, oxygen levels, temperature and digestion. It improves growth and development – that means better weight gains.

2. KC is profoundly comforting to your baby.

It turns off the 'flight and fight' (stressed) state. Your baby feels more secure and calm. It promotes total relaxation which improves growth and development.

3. KC sleep is the deepest and most restful.

Your baby sleeps much better when in KC than in the cot or humidicrib. Good quality sleep is important for your baby's brain growth and development.

4. KC promotes successful breastfeeding.

KC improves baby's instincts and ability to breastfeed and increases the mother's confidence in her ability to breastfeed.

5. KC promotes strong bonding.

KC is a deeply bonding experience and it is something parents can do to make an important difference to the health and development of their baby.

How to do Kangaroo Care

- The more KC your baby gets the better, but research shows that at least one and a half hours a day can make a real difference.
- It is best to do KC for at least one hour at a time as this allows at least one sleep cycle and limits the disruption of undressing, dressing and moving from the cot to KC.
- Aim to be comfortable and enjoy your time with your baby by attending to the following:
 - ◇ Go to the toilet beforehand
 - ◇ Take your pain medication if needed
 - ◇ Use a comfortable chair, have your drink in reach
 - ◇ Wear a front opening top or take your top off
 - ◇ Put on the tubigrip wrap provided in the nursery
- Ask for help to move your baby from the cot/humidicrib and to place baby inside your tubigrip wrap if needed.
- Place your baby in the position as per the picture over the page. This will keep make sure your baby can breathe easily during KC.
- Avoid noisy and bright electronic devices near your baby to prevent overstimulation.
- Talk, read or sing to your baby, who will be comforted by the sound of your voice.
- Relax and enjoy the closeness, knowing that you are helping your baby's health, growth and development.

Kangaroo Care is also great bonding time between dad / partner and baby!