

# What is Kangaroo Care?

**Kangaroo care is skin-to-skin contact with your baby.**

It's a special way to hold your premature baby while in the hospital. It's similar to the way a mother kangaroo carries her baby in the pouch.

In kangaroo care, you hold your baby, naked except for a diaper, on your bare chest and cover him or her with a blanket or clothing.

**Both mom and dad can do kangaroo care.**



# Kangaroo Care: Benefits for Parents

## For moms, kangaroo care

- Promotes closeness and attachment
- Eases worry
- Helps them know when baby wants to eat
- Helps start hormones to encourage the flow of breastmilk
- Helps achieve breastfeeding goals
- Raises their confidence
- Helps boost their immune system and pass this to baby through breast milk

## For dads, kangaroo care

- Helps them cope with the stress of a very sick baby
- Promotes closeness and attachment
- Enhances their sense of control
- Starts hormones which increase their protective instincts



# Kangaroo Care: Benefits for Baby



**ALL babies benefit from kangaroo care. It helps them**

- stay calm and more comfortable
- gain weight
- sleep more deeply and quietly
- feed successfully
- maintain normal temperature, breathing and blood pressure
- tolerate painful procedures like heel sticks better
- bond with parents
- go home sooner!