

Why Practice Kangaroo Care?

Benefits for Your Baby:

- The warmth of your skin, the love of your touch, the comfort of your smell and the sound of your steady heartbeat and breathing, will provide comfort to your baby
- Keeps your baby's temperature normal by adjusting to your body and bringing it to the right level
- Improves your baby's oxygen levels and regulates their heart rate and breathing
- Allows your baby to gain weight more rapidly
- Reduces your baby's chance of infection
- Decreases the amount your baby cries and regulates sleep/wake cycles
- Helps with successful breastfeeding
- Promotes earlier hospital discharge

Benefits for Mothers:

- Increases bonding between you and your baby and helps you both feel more connected
- Stimulates breast milk production and increases your supply
- Increases confidence in your ability to care for your baby

Benefits for Fathers:

- Empowers you to feel with that you are a significant part of your child's life
- Encourages you to gain specific knowledge and practice, related to caring for your baby

Womens Wellness and Research Center, NICU team

For more information please call

WWRC, NICU

40261480

40261571

40261468

Al khor Hospital

Al Wakra Hospital

Kangaroo Care is a Powerful & Effective Parent-Baby Bonding Activity



مؤسسة حمد الطبية
Hamad Medical Corporation
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What is Kangaroo Care?

Kangaroo Care is a method of holding your baby skin-to-skin, for as long as possible each day.

This practice is strongly encouraged for pre-term or low birth weight infants in the Neonatal Intensive Care Unit (NICU) and can help you to bond with your baby.

Many baby can begin Kangaroo Care at a very early age. You and your baby's care team will decide when it is best to begin. During this time, you will be carefully monitored by your NICU nurses.

How do I Prepare for Kangaroo Care with my Baby?

- Shower before visiting the hospital
- Wear loose, comfortable clothing that allows room for your baby to be against your bare chest
- Be sure you are free from sickness, wounds or any skin rashes
- Avoid wearing any perfumes or fragrances
- Avoid smoking prior to visiting your baby
- Avoid the use of all electronic devices so that your baby has your undivided attention and is not disturbed



How do I Practice Kangaroo Care with my Baby?

- Your baby will be wearing only a diaper with a head cap or socks if needed, to feel each other's warmth immediately .
- You will place one hand on your baby's buttocks and one hand on his/her back for support. Your baby's arms and legs should be flexed and their head should be turned for air entry.
- You can hold your baby in this position for a minimum of 1 hour per day.
- The NICU nurse will support you in holding your baby to ensure both you and your baby are safe and comfortable.