

Kangaroo Care

Holding Your Baby Skin-to-Skin

What is Kangaroo Care?

- Holding your baby, skin-to-skin, in an upright position on your bare chest. Your baby is only wearing a diaper. A blanket or your clothing will cover his or her back to keep them warm.



Why Kangaroo?

- **Benefits of Kangarooing for Your Baby:**
 - Cuts down on your baby's crying and stress
 - Helps your baby's body stay the same temperature
 - Helps your baby's brain grow
 - **Helps your baby sleep better**
 - During Kangaroo Care, most babies fall asleep easily and get to what is called "Quiet Sleep." Staying in this Quiet Sleep for an hour or more is best for helping your baby's brain to develop.



Why Kangaroo?

- **Benefits of Kangarooing for Your Baby:**
 - **Helps your baby's immune system**
 - So they don't get sick as often or stay sick as long.
 - **Helps your baby digest food better and gain weight**
 - **Helps your baby's breathing and heart rate become normal.**
 - Sometimes babies breathe too fast, or their heart rate can be too slow or too fast.
 - **Helps your baby learn breastfeeding habits**

Why Kangaroo?



- **Benefits of Kangarooing for Moms:**
 - **Mom's who do kangaroo care have less risk of getting postpartum depression.**
 - **Helps moms make more breast milk**
 - Moms who are having breastfeeding problems often find that they can make more breast milk when doing kangaroo care.
 - **Moms recover faster from their delivery**

Why Kangaroo?

- **Benefits of Kangarooing for Moms AND Dads:**
 - **Holding your baby skin-to-skin can help parents bond and feel emotionally attached.**
 - **Improves your comfort and confidence.**
 - The more time you spend doing kangaroo care, the more comfortable and confident you will be. This will help you in taking care of your baby and knowing when they are stressed.
 - **Decreases fears about handling your baby.**

When Can You Kangaroo?

- **When your doctor and/or nurse says it is okay:**
 - Even babies on a ventilator can do kangaroo care when it is okay with their doctor or nurse.



When Can You Kangaroo?

- Special Considerations:
 - If your baby has a certain type of IV coming out of their belly button your nurse or doctor may ask you not to hold because the IV may come out.
 - If your baby is on the 72 hour minstim protocol, you will need to work with your care team to make sure your baby's head can remain with their nose in line with their belly button while being held.

How Long Can You Kangaroo?

- **Please plan on holding for an hour or more:**
 - Due to the importance of sleep and the length of baby's sleep cycles, it is recommended that you hold your baby skin-to-skin for at least 1 hour.
 - You can hold your baby up to 3-4 hours (in between cares) and several times a day as long as he/she is stable, not needing to be under bilirubin lights, or limited for another medical reason.
 - Please make sure you have everything you need near you. Also, take a bathroom break before starting kangaroo care with your baby.

Helpful Kangaroo Tips:

- Some parents like to use a mirror to see their baby's face while they are kangarooing.
 - Ask your nurse if you would like to use a mirror.
- Please watch the Skin-to-Skin Holding video to learn more about how Kangarooing can help your baby.

If your baby isn't ready to Kangaroo yet...

- You can still provide skin-to-skin contact:
 - Hand Hugging
 - You can gently place your hands around your baby to keep them in a fetal position with their legs tucked and hands by their face.
 - Gently hold them in this position until they settle or while they are sleeping
 - Preemie Massage
 - Occupational Therapy (OT) will teach you preemie massage.
 - Massage can help your baby settle after cares; provide you and your baby a bonding experience; and help your baby learn about good kinds of touch.



If your baby isn't ready to Kangaroo yet...

- You can still provide positive experiences and introduce your baby to your scent (the smell of your body):
 - Your baby's sense of smell starts to develop at 24 weeks. When you do skin-to-skin, your baby can smell and recognize you by your scent.
 - Use a bonding blanket that you have held close to your body so your baby can smell your scent for swaddling, positioning or as a pillow case. This helps your baby have your scent close even when you can't be.
 - Place a small clean piece of cloth, a breast pad or a cotton ball with drops of your breast milk at the head of the bed next to your baby.
 - The smells in the breast milk are the same as in the smells and tastes your baby gets from the amniotic fluid (the fluid that surrounds your baby before birth).

NuRoo Kangarooing Shirts



- During your stay, we have NuRoo kangarooing shirts for you to borrow.
 - Please ask your Nurse or OT to get you one if you have not been offered one already.
 - Please do not take NuRoos home to be cleaned or at the end of your stay.
 - They can be laundered here at the hospital
 - Please leave your NuRoo in your room or with your nurse when you are discharged or are no longer using it.
- You can also bring in a clean, soft, comfortable shirt from home – button ups work best.

Getting Your Baby Out Of Bed

Transfers

Standing Transfer

- The standing transfer allows your baby to be flexed and tucked during the transfer process which is less stressful for your baby
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Please follow these steps for the Standing Transfer:

- Use the foot pedals to raise your baby's isolette to a height that will make it easier for you to bend at the waist and pick up your baby
- Level your baby's bed
- Turn your baby facing toward you (feet towards your stomach)
 - For skin-to-skin holding, unstrap your Nuroo or shirt so your chest is bare
- Place one hand under your baby's head and one hand under their bottom (this can be done with the Snuggly still underneath your baby)
- Bend down until your chest is touching the baby's chest
- Make sure lines and wires are secure before moving away from the isolette or crib
- Slowly back up into the chair and sit down
- Remove the Snuggly and secure your baby in the Nuroo or holding shirt
- Make sure all wires and tubes are secured
- Add blankets/heat as needed
- Relax!
- You will put your baby back into the isolette/crib the same way you took them out

Standing Transfer

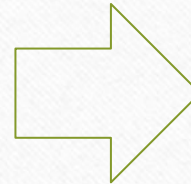
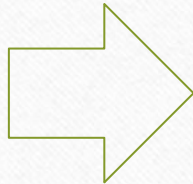


Sitting Transfer

Sitting Transfer

- If you can't easily bend down, stand up, or you get dizzy, a sitting transfer might be best for you
- Your care team members will secure your baby and bring them to you, helping you to put them on your chest while you are seated

Sitting Transfer



Transfer from Crib

Transfer from Crib

- Once your baby is older and bigger, they can handle transfers better
- It is still important to keep them contained while picking them up
- Try to keep your baby swaddled or in a flexed and tucked position when transferring them so their arms and legs are not moving around



Tips for Transfers



Tips for Transfers

- Make sure you have your call light in case you need assistance when holding your baby
- Please always have a 2nd person to help you safely perform a standing transfer for kangaroo care
- If your baby is on a ventilator, you will need a nurse, respiratory therapist or occupational therapist to help with all transfers even
- Always be aware of where you are stepping and where your baby's cords are placed
- Please be very cautious of your baby's IV or PICC line while holding them, make sure there is enough slack in the line when you are transferring your baby