Skin-to-skin is a win-win

What is kangaroo care?
Kangaroo care is the term used to describe the practice of a parent holding a newborn skin-to-skin after delivery. Skin-to-skin contact has many proven benefits and is a great way for parents to bond with their newborn baby.

What are the benefits of kangaroo care?

For the baby:
• It eases the stress of the transition from the womb to a new environment.
• An infant’s temperature, heart rate and respirations stabilize more quickly.
• A newborn is likely to cry less and sleep more when in the kangaroo care position.
• Kangaroo care primes babies for breastfeeding.

For the mother:
• Breast milk will be produced more quickly.
• Kangaroo care will aid in reducing any postpartum feelings of sadness.

For both parents:
• It is a special way for parents to bond with their newborns.
• Spending more time with the baby will help increase a new parent’s confidence.

Before delivery:
• Talk with your OB/GYN about kangaroo care. Explain to family and friends your intention to participate in kangaroo care so they understand why the newborn will remain skin-to-skin with a parent for the first couple of hours after delivery.

After delivery:
• Immediately after delivery, your baby will be cleaned, dried and diapered.
• Your baby will then be placed skin-to-skin and belly-to-belly with you where he or she will remain for the next couple of hours.
• A cap will be placed on the newborn’s head and a blanket will be placed over the infant’s back, to provide optimum warming.
• Your newborn is likely to initiate breastfeeding while in kangaroo care position.

During your hospital stay:
• A great time to practice kangaroo care is during Quiet Time in the postpartum unit. Quiet Time takes place daily from 1–3 p.m.
• Feel free to ask any of the staff questions you might have regarding kangaroo care. Both parents can actively participate in kangaroo care.

Kangaroo care at home:
• The parent should remain awake the entire time kangaroo care is being performed.
• The kangaroo care position often makes breastfeeding easier.
• The Mommy and Me Breastfeeding Clinic is available to all moms who would like to breastfeed and are interested in having a breastfeeding assessment performed by Kentucky Children’s Hospital providers.
• Ask your nurse for more information regarding the Mommy and Me Breastfeeding Clinic.

Women’s Health Obstetrics & Gynecology