



# 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.

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