

Kangaroo Care (or Skin-to-Skin)

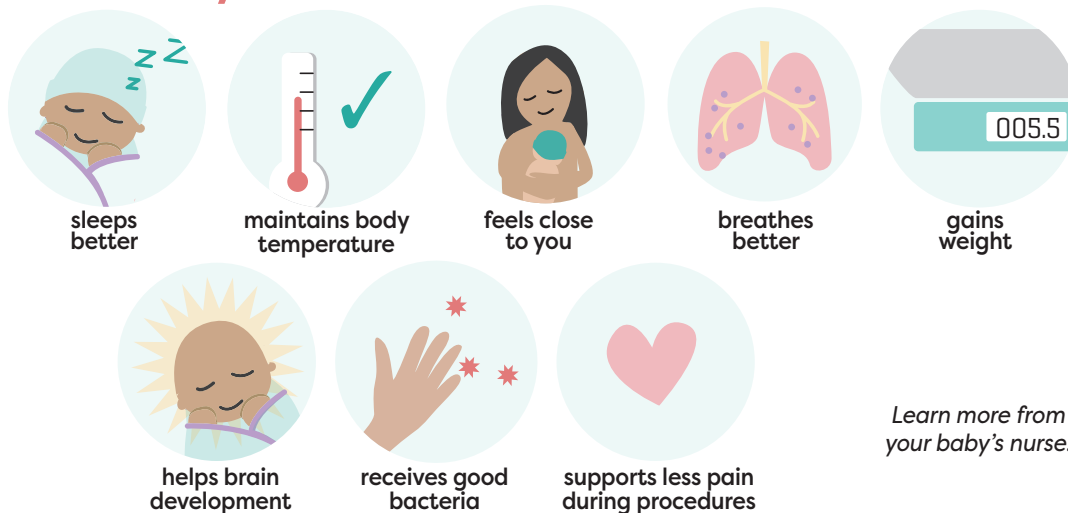
Kangaroo care is a special way that you can comfort your baby, by holding them on your chest skin-to-skin.

Premature babies and parents benefit from Kangaroo Care. Here's how:



photo credit courtesy of @NappyStock

For baby:



For you:

- ✓ Hormone regulation (baby blues)
- ✓ Bonding and feeling of closeness
- ✓ Increased milk production
- ✓ Feel empowered as a parent

Learn more from your baby's nurse.



Getting ready for Kangaroo Care

Make a plan.

Together with your baby's nurse, you can make a daily Kangaroo Care schedule.

Commit an hour.

This will give your baby time to relax and fall asleep against you.

Get Ready.

Visit the bathroom, have a snack and a drink before you start so you can both relax.

Choose Natural.

Your baby loves your natural smell, so avoid perfume, skin cream, and smoke.

Other ways to comfort your baby

There are many ways to comfort and connect with your baby. Ask your baby's nurse about special way to touch your baby called a "hand-hug". You can also let your baby hold your finger, talk to your baby, or sing quietly. Remember, your baby wants most to be with you.

Kangaroo Care gives parents precious memories of their time in the NICU.



Visit us online for more information on Kangaroo Care, plus other useful resources and programs focused on premature babies and their families.

CPBF  Canadian Premature Babies Foundation
canadianpremies.org

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