Kangaroo Care: Skin-to-Skin Contact with Your Newborn Baby

What is kangaroo care?
Kangaroo care is a method of holding your baby that involves skin-to-skin contact. This snuggling of your baby inside the pouch of your shirt, much like a kangaroo’s pouch, led to the creation of the term “kangaroo care.” The skin-to-skin contact between you and your baby provides your baby with warmth and comfort.

Why should I do kangaroo care?
Studies have shown that babies who receive kangaroo care:
- Breathe easier
- Eat better
- Cry less
- Sleep longer
- Gain weight better
- Come home sooner
Kangaroo care promotes bonding and can help you get to know your baby.

How do I do kangaroo care and how often can I do it?
With mom or dad sitting in a chair, your baby is placed in a head-up position directly on your chest. Baby is dressed only in a diaper (and a hat) with a light blanket to cover baby after he/she is in position. Screens are available for privacy. Kangaroo care is safe for babies who are stable. Your baby’s nurse or doctor will help you decide when you can provide kangaroo care.

It may help you:
- Produce more breast milk
- Build your parenting instinct
- Feel closer to your baby
- Feel more confident about caring for your baby