

Community Based Kangaroo Mother Care



Benefits of KMC

For the baby

- Breathing becomes regular and stable
- The newborn stays warm
- The newborn breastfeeds better
- Babies who are cared for with KMC become sick less often



For the mother

- Becomes closer to her baby (bonding)
- Gains confidence in caring for her small baby
- May more easily recognize if the baby has danger signs
- KMC is always free!

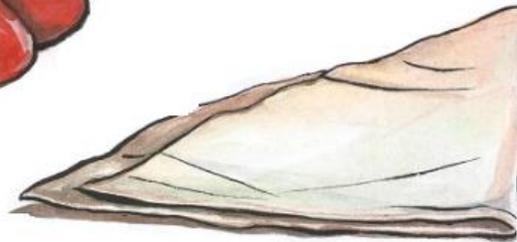


Items needed for KMC

Socks



A cap



Piece of cloth that can be used as diaper



Diaper



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Items needed for KMC

For the baby

1. Diapers (nappies) or cloths used for that purpose
2. Caps: if a cap is used, it should not cover the cheeks (the baby's cheeks should be skin-to-skin with the mother)
3. Socks



Items needed for KMC



A cloth or support Binder



Loose sweater or Jacket



A cloth to secure the baby in KMC



A cloth that mother can use when at home



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Items needed for KMC

For the mother

1. Mother can wear usual clothing like Nettela if it accommodates the baby and is not too tight.
2. A support binder (piece of Nettela) which will be used to wrap around the mother and baby to help keep the baby close to the mother
3. A cloth or support binder (Nettela) suitable for other family members who may assist with KMC
4. Pillows to adjust to a comfortable sleeping or sitting position
5. A sweater: Cotton material is recommended



Items needed for KMC

For the baby



For the mother



Note

- *No other clothing* is recommended since it is skin-to-skin contact that keeps the baby warm. Additional clothing may block this important benefit of KMC
- ***KMC works best when as much of the baby's body as possible is in skin-to-skin contact with the mother/care taker***



Steps for coaching mothers on demonstration on KMC positioning



1. Position the baby for KMC

2. securely wrap the baby with a cloth tied around the mother.



3. Cover the baby with a blanket or shawl



4. Put on loose clothing over the wrap.



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Steps for coaching mothers on demonstration on KMC positioning

1. Dressing the baby in only a nappy, and a cap put him/her upright; skin to skin between the your breasts
2. Securing the baby on your chest wrap him/her to your body - tie the Nettlea securely over the back of the baby on the mother's chest and cross the ends of the cloth your back, bring them back around, and tie them in the front underneath of the baby
3. Cover the baby with a blanket or shawl and tuck the ends of the blanket or shawl in at the front or side (under the arms)
4. You may put on additional loose blouse or jacket as necessary



Activities mother holding a baby in KMC can do



Knitting



Feeding Chickens



Clearing grains



Sleeping



Dressing bed



Shopping

Activities mother holding a baby in KMC can do

- A mother can execute light domestic activities while holding her baby in KMC
 - Knitting
 - Clearing grains
 - Feeding chickens
 - Bed making
 - Shopping (light food items)



Activities mother holding a baby in KMC cannot do



Baking Injera



Washing other child



Grinding/
pounding



Washing Clothes



Fetching
water



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Activities mother holding a baby in KMC cannot do

- A mother holding a baby in KMC should not execute heavy domestic activities or activities that may make the baby/her wet. For example she should not do the following
 - Baking Injera
 - Bathing a child
 - Grinding
 - Fetching water
 - Washing clothes



Family support for KMC



Family support for KMC

- The baby should be put on KMC 24 hours a day. Family members can help you when you want to rest or tend for personal needs. Family members could be
 - Your husband
 - Your sister
 - Your sister in law
 - Your mother
 - Your mother in law



Breastfeeding



Poor positioning and attachment



Correct positioning and attachment

Optimal Breastfeeding

For how long should the baby breastfeed

- Feed the baby on demand. Most babies breastfeed 8-10 times within 24 hours or every 2-3 hours. This is useful because:
 - A baby's stomach is small and needs to be filled often.
 - Breast milk is digested easily and so passes through the baby quickly.
 - The more the baby sucks, the more milk is produced.

Correct positioning and attachment

- **Baby's position**
 - Baby's head and body should be in a straight line
 - Hold the baby close to the baby
 - Baby is facing the breast with nose opposite to nipple
 - Support the baby's *whole* body, not just the neck and shoulders
- **Attachment**
 - Chin is touching the breast
 - The baby's mouth is wide open
 - Lower lip is turned outward
 - More areola is seen above than below the mouth
 - Mother's breasts and nipples are comfortable
 - Sucks are slow and deep with some pauses

Expressing Breast Milk



Expressing breast milk is more useful when

- The small baby cannot suck or latch on to the breast effectively (in the absence of danger signs)
- The breast becomes engorged when the mother's milk comes in on day 2 or 3 postpartum (the baby may be unable to grasp the nipple from engorged breasts unless some of the milk is expressed)
- The mother is sick or unable to breastfeed



Items needed to express breast milk and feed the baby



Clean cup to feed the baby with



Clean cup or bowl to store the milk

Items needed to express breast milk and feed the baby

1. Clean cup or bowl to store the milk
2. Clean cup to feed the baby with



Steps for expressing breast milk



1. Wash your hand with soap



2. Massage the breast



3. Express the breast milk



5. Feed the baby with expressed breast milk



4. Store the milk in clean bowl

Steps for expressing breast milk

1. Massage the breast from the outside towards the nipple to help the milk come down.
2. Hold the breast with thumb on top and other fingers below pointing away from the areola.
3. Squeeze thumb and other fingers together, move them towards the areola so the milk comes out.
4. Press and release and try using the same rhythm as the baby sucking.
5. Move hands around the breast so milk is expressed from all areas of the breast.
6. Express one breast until breast softens
7. Express the other side and then repeat both sides.



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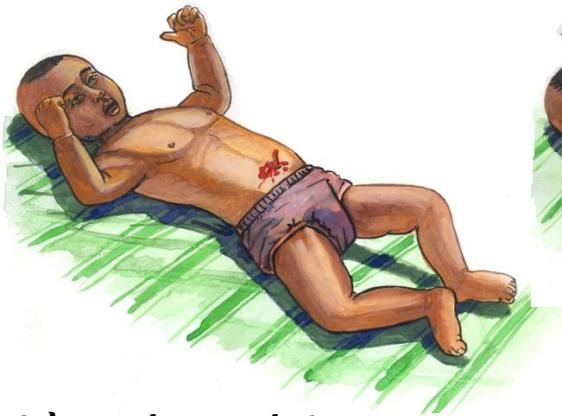
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Newborn Danger Signs

- If you see any of the danger signs listed below take the baby to the health center immediately
 1. Feeding difficulties
 2. Convulsions/fits
 3. The child feels hot or unusually cold
 4. Red umbilicus or pus draining from the umbilicus
 5. Movement only when stimulated or no movement, even when stimulated
 6. Fast breathing, or difficulty breathing



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