

When can a mother stop Kangaroo Care?

Kangaroo Care may be discontinued completely when the baby weighs over 2500 grams.

Important

- Give Kangaroo Care to all premature babies with weight below 2500grams.
- Maintain the baby's upright or semi - upright position as you do light duties to prevent the baby from vomiting and choking.
- Consult your health care worker before stopping Kangaroo Care!

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Kangaroo Care



For Premature Babies

What is Kangaroo Care?

Kangaroo Care is when a baby is placed close to the mother, skin to skin, between her breasts. This provides warmth for the premature baby as he/she has difficulties maintaining temperature at birth. Kangaroo Care helps save the lives of babies born too early or too small.



Why is Kangaroo Care good for the baby?

- It improves the baby's survival.
- It is a safe and effective method of providing warmth to preterm babies.
- It promotes frequent and exclusive breastfeeding.
- It promotes rapid growth.
- It promotes mother-baby bonding.
- It reduces infections.
- The mother's heart beat and breathing stimulates the baby to remember to breathe.

Why is Kangaroo Care good for the mother?

- It provides the mother with the benefits of breastfeeding.
- It promotes breastfeeding on demand and makes the mother bond with her baby.
- It enables the mother and her small baby to be discharged home early from the hospital.
- It is a low cost, safe and effective way of caring for the baby.
- It is initiated in the health institution and continued at home.
- It can be done by someone else if the mother is tired and wants a rest.
- The mother can also do light duties such as cooking, knitting, ironing and cleaning utensils.



How do you give Kangaroo Care to a baby?

The baby should be dressed in a napkin, hat and booties or socks *only*. The mother should secure the baby, skin to skin, to her chest with a wrapper or shawl. The lower edge of the wrapper or shawl should be tucked under the baby's buttocks and feet.