



SKIN TO SKIN "KANGAROO CARE"

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WHAT IS KANGAROO CARE? – THE BACKGROUND

Kangaroo care was named in the 1970s in Bogota, Columbia by Dr. Edgar Ray & Dr. Hector Martinez.:

- It is a powerful tool for promoting health & wellbeing with term & preterm babies. (WHO)
- It is recommended to be done for 8-24 hours a day. (WHO)
- Kangaroo care is important for bonding between parents & baby, as well as the infant's growth.





OXYTOCIN: THE "LOVE HORMONE"

BONDING

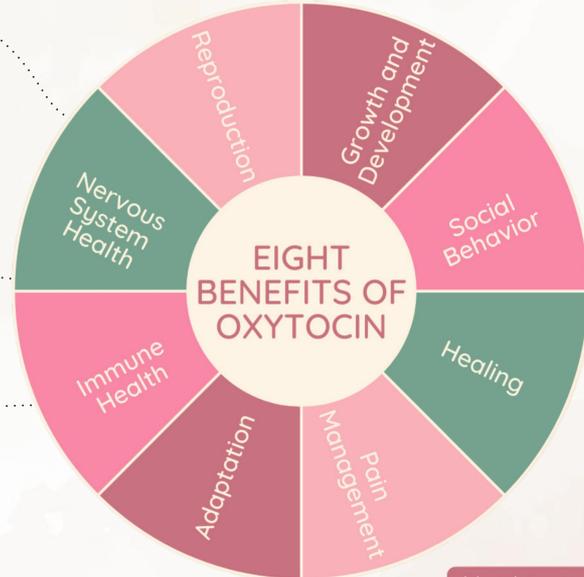
Oxytocin promotes bonding & attachment for parents & baby.

PREVENTS HEMORRHAGE

It is given to stimulate uterine muscle contractions immediately after birth.

RELAXATION

Oxytocin ↓ cortisol (stress hormone) & provides calmness to both mom & baby.



NEWBORN BENEFITS – PATIENT IMPACT



STABILITY

Kangaroo care improves cardiac & respiratory stability & ↑ blood flow & oxygen sats.



TEMPERATURE REGULATION

Skin-to-skin helps stabilize newborn's temperature more effectively than an incubator or warmer.



PARENTAL BONDING

Oxytocin release promotes baby's bonding & emotional attachment with mom & dad.



MATERNAL BENEFITS – PATIENT IMPACT



SUCCESSFUL BREASTFEEDING



Kangaroo care ↑ breastfeeding intake & milk production, which is especially helpful in preterms.

STRESS REDUCTION



Oxytocin production ↓ maternal stress & ↑ a sense of calmness.

MOM & BABY BONDING



Skin-to-skin promotes bonding & emotional attachment with baby.

NURSING ACTIONS & RESPONSIBILITIES



PRIORITY

Facilitation of safe, uninterrupted skin-to-skin contact the first hours after birth.



EDUCATION

Teaching the benefits of Kangaroo Care, as well as safety of the newborn infant and mother.



ADVOCACY

Advocating by using clinical based practice to ensure the best outcomes for mom and baby.





STEPS FOR SAFE, INTERACTIVE SKIN-TO-SKIN

Step-by-Step Instructions for the Nurse:

1. Ensure that the mother is in a comfortable semi-reclined position.
2. Dry the newborn, then place prone lengthwise with the head on the mother's chest.
3. Cover the baby with a dry blanket or towel, leaving the face visible.
4. Ensure that the nose and mouth aren't obstructed by the mother's breast or body.
5. Position a towel or pillow under or on the side of the mother's breast.
6. Show the mother how to support the breast to secure free airways, especially during the time the baby starts searching for the breast.



NURSING CONSIDERATIONS



Things to Remember:

- Extra attention may be required if the mother is affected by sedation after childbirth, as well as during possible postpartum suturing.
- Labor medications can affect the newborn infant and hamper reflexes, impairing the newborn's ability to lift the head to protect itself from suffocation.
- Babies affected by labor medications must be constantly monitored!





FIRST & FOREMOST

Use the bathroom prior to kangaroo care to facilitate contact as long as possible. Do not smoke, use perfume or scented lotions prior to skin-to-skin.

DRESS CODE

Your baby should be dressed in only a diaper! Mothers should remove their bra and dads should be bare-chested.

PARENTAL EDUCATION

01



02

03

SECURE THE POUCH

Once your infant is on your chest, cover them with a blanket. You may also button or zip your shirt. This will help keep your kangaroo in place.

04

KANGAROO TIME!

Make yourself comfortable. Sit back, prop your feet up and enjoy this special time with your baby!



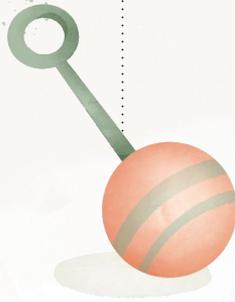
LOCAL COMMUNITY RESOURCES

COVENANT
CHILDREN'S HOSPITAL



Prepared Childbirth
Class Series

UNIVERSITY
MEDICAL CENTER



Baby Care Basics
Class

THE PARENTING
COTTAGE



Mother's and Babies
Class Series

LOCAL COMMUNITY RESOURCES - LINKS ATTACHED

FREE

- [Covenant Children's Hospital](#)
- [University Medical Center](#)
- [The Parenting Cottage](#)
- National Maternal Mental Health Hotline:
1-833-TLC-MAMA (1-833-852-6262)



ADDITIONAL COST

- [Heartbeat Midwifery](#)
- [Bird In Bloom](#)



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