

In the Community. For the Community.

Kangaroo Care for You and Your Baby in the Delivery Room

What is Kangaroo Care?

It is a special way for a mother to hold her baby, “skin to skin.”

How do I do Kangaroo Care with my baby?

Your baby, wearing only a diaper and hat, is placed on your chest immediately after delivery and covered with a warm blanket. Your baby needs to stay “skin-to-skin” with you for at least one hour after delivery.

Why is Kangaroo Care the “BEST CARE” for my baby and for me?

Kangaroo Care can benefit babies and parents in several ways.

- Your baby will transition from inside you to the outside world easier by being close to you, hearing your heartbeat and your voice, and feeling your touch.
- Your baby will stay warmer when “skin-to-skin” with you.
- Your baby may take the first feeding of mother’s milk, which is the best care.
- Your baby will cry less and sleep more when “skin-to-skin.”
- Babies don’t get sick as often during the first 6 months.
- Mothers will produce more breast milk.
- Your baby will feel less pain when held “skin-to-skin” for shots or other stressful events.

- You will be more confident caring for your baby.
- Kangaroo Care helps with your infant’s brain development.
- Kangaroo Care is good for your baby throughout your baby’s hospital stay and after you and your baby are home.



What do I need to do if I want to practice Kangaroo Care with my baby?

- Let your caregiver know if you are interested in Kangaroo Care in the delivery room.
- There may be instances when your baby will be unable to participate in Kangaroo Care due to medical reasons. Your baby’s caregiver will discuss this with you.