

In the Community. For the Community.

Kangaroo Care is as easy as 1, 2, 3!

1. Kangaroo Care at birth

Immediately after you deliver your baby at KCH, your baby will be dried off and placed on your chest. Both of you will be covered with a warm blanket and a hat will be placed on your baby's head. Your body will automatically warm your baby. It is possible that your baby will take the first milk (colostrum) during Kangaroo. You and your baby may rest "skin-to-skin" for up to 2 hours. This is an important way for you to help your baby transition from inside you to the outside world. Do not hand your baby to family members or friends during this time or your baby will get cold.



2. Kangaroo Care in postpartum period while in the hospital

When you are moved from the delivery room to your hospital room, your baby will be taken to the admission nursery for the first exam and bath. Your baby's body temperature may go down after the first bath. The nurse will bring the baby to you to hold in Kangaroo Care and warm your baby. Place your baby wearing only a diaper and hat on your bare chest. Close your gown around the baby. Place a blanket over your baby's back. Every afternoon (2 to 4 p.m.) and evening (9 to 11 p.m.) is QUIET TIME in the postpartum unit at KCH. This is a time for you and your baby to rest quietly with no interruptions. Holding your baby in Kangaroo Care is a great way to spend QUIET TIME. If you plan to sleep or get sleepy during this time, put your baby safely "Back to Sleep" in the crib. Dad can "Kangaroo," too, especially while you shower or sleep.

3. Kangaroo Care at home

Choose a shirt that opens in the front. Remove your bra. Sit in a comfortable chair that reclines. Put your baby, dressed only in a diaper on your chest. Cover you and the baby with a blanket, with the baby's head uncovered. Kangaroo your baby when you are awake and able to hold your baby safely. Kangaroo your baby if your baby is fussy or having trouble falling asleep. Kangaroo your baby if you are having difficulty with breastfeeding your baby.