

Kangaroo Care (or Skin-to-Skin)

Kangaroo care is a special way that you can comfort your baby, by holding them on your chest skin-to-skin.

Premature babies and parents benefit from Kangaroo Care. Here's how:



photo credit courtesy of Smith family

For baby:



sleeps better



maintains body temperature



feels close to you



breathes better



gains weight



receives good bacteria



supports brain development



feels less pain during procedures

For you:

- ✓ Hormone regulation (baby blues)
- ✓ Increased milk production
- ✓ Bonding and feeling of closeness
- ✓ Feel empowered as a parent

Learn more by asking your baby's nurse.



Getting ready for Kangaroo Care

Make a plan

Together with your baby's nurse, you can make a daily Kangaroo Care schedule.

An hour or more

This will give your baby time to relax and fall asleep against you.

Get yourself ready

Visit the bathroom, have a snack and a drink before you start so you can both relax.

Choose natural

Your baby loves your natural smell, so avoid perfume, skin cream, and smoke.

Other ways to comfort your baby

There are many ways to comfort and connect with your baby. Ask your baby's nurse about a special way to touch your baby called a "hand-hug". Your baby loves to hear your voice so try singing, reading or talking quietly. Remember, what your baby wants most is to be with you.

Kangaroo Care gives parents precious memories of their time in the NICU.



Visit us online for more information on Kangaroo Care, plus other useful resources and programs focused on premature babies and their families.

CPBF  Canadian Premature Babies Foundation
canadianpremies.org

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