



## Takeaway: Kangaroo Care (KC)

### Kangaroo mother care method

Kangaroo Mother Care (KMC) is a method of caring for infants that involves putting them on the mother/caretaker's chest, with continuous skin-to-skin contact, preferably 24 hours a day, with special attention given to the caretaker when she is sleeping.

## MATERNAL COUNSELLING AND SUPPORT FOR ALL MOTHERS

- Kangaroo mother care method to prevent hypothermia



### Objectives

- Keeps the infant warm while preventing or treating **hypothermia**. Better **physiological stability**.
- Helps to **establish breastfeeding** and decreases episodes of **gastro-oesophageal reflux**.
- Encourages mother-infant **bonding**.
- **Reduces stress** and pain for the infant.
- Decreases episodes of **apnoea and bradycardia** in infants.
- Decreases risk of acquiring **nosocomial** infections.
- **Reinforce affective attachment** of the mother to her baby.
- **Improve weight gain** and neurological development.
- Allow the mother to continue daily activities while caring for her infant (after discharge and so outside of the ITFC).

**KMC should be done as often as possible for babies < 2500g. It should be attempted as often as possible as long as the baby can tolerate it (i.e. baby is maintaining stable vital signs with no new danger signs while in KMC position) even in intensive care settings**

**Kangaroo mother care in practice**

- The young infant is placed against **the belly/chest** of the mother / wet nurse, with direct skin-to-skin contact.
- Place the baby in such a way that the breast is always within reach of the infant's mouth.
- Use a large cloth/lappa/scarf to secure the baby and wrap the mother-infant pair together
- Settle them into a warm room in the ITFC.
- Ensure the **child is well covered, including head** to prevent heat loss.
- KMC can be provided equally by both **mother and father** to prevent hypothermia in the infant.
- KMC while breastfeeding and sleeping (mother **ideally elevated at 30 degrees** from the horizontal plan).

