

# Kangaroo Care

## Skin-to-Skin with Your Baby

Skin-to-skin contact is a way of communicating your love and reassurance to your baby, re-establishing the intimacy that was cut short by premature birth. Skin to skin is proven to:

- ♥ Reduce stress for your baby, releasing calming hormones
- ♥ Regulate baby's heartbeat, temperature and breathing, as they are more calm and relaxed.
- ♥ Stimulate baby's natural urge to feed
- ♥ Assist you with bonding with your baby
- ♥ Baby feels safe and secure, so is more contented.



Discuss with your baby's Neonatal Nurse when you can have Kangaroo Care

"Kangaroo Care is a magical time with you and your baby together, it is like time stops and nothing else exists around you. All mums should have this miraculous experience!" mum to Nojus

### How to Kangaroo Care:

1. It is not necessary to remove all of your baby's clothes if this is upsetting your baby. A hat and blanket might be necessary for extra warmth.
2. Hold your baby chest-to-chest tucked inside your clothes. Mums, you may wish to remove your bra to be more comfortable.
3. Explore what you both enjoy, you may like to read a story to your baby, sing your favourite song to your baby, or just relax together!
4. Partners and older siblings may also want to experience Kangaroo Care.