

Kangaroo Mother Care

- Kangaroo mother care is a special way of caring for small or preterm babies
- It is used instead of putting the baby in an incubator or cot
- The baby is kept close to the mothers skin for upto 20 hours / day
- The baby wears a hat and a nappy but otherwise is naked
- A wrapper or pouch is used to keep the baby secure



Figure 1: Positioning of the baby during kangaroo care. WHO



Figure 2. Mother doing KMC with their small newborn. Taken with consent

- The baby can still breast-feed whilst in the kangaroo position or may require feeding through a tube into the nose or by cup
- Whilst the baby is in position the mother can move around and do activities and can sleep with the baby in kangaroo position
- When the mother needs to shower or use the toilet the baby is put in a warm cot or incubator
- Kangaroo care is started in hospital but can be continued at home following discharge
- The mother is taught about kangaroo more care before starting it and is supported by health care staff during hospital admission