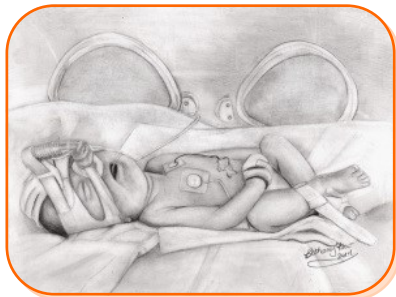


Kangaroo Mother Care (KMC)

For sick and small babies.



If your baby is sick or small your baby will be admitted to the neonatal unit. The neonatal unit can be a scary place. You may feel that you can't do anything for your baby & be too frightened to hold your baby. But this is when your baby needs YOU the most! Your baby's brain is growing very quickly at this time & needs your voice, touch & presence to balance all the negative experiences of being in the neonatal unit. It is now even more important for you

to hold your baby skin-to-skin!

Intermittant KMC

You are an important part of the team looking after your baby. The staff will explain all the equipment, the unit routine, the importance of washing your hands before touching your baby and how to take care of your baby. For example:

- ✓ spending as much time as possible with your baby
- ✓ touching & taking to your baby
- ✓ expressing your milk (if your baby can't breast feed)
- ✓ feeding your baby using a tube
- ✓ changing your baby's nappy
- ✓ giving your baby a wash
- ✓ cleaning your baby's incubator



Ask the staff when it would be safe for you to start holding your baby skin to skin. The sooner you can start the better! They will show you how to safely take your baby from the incubator & place your baby on your chest. Your baby should be fed in the KMC position. So every 3hrs you should have your baby on your chest for at least 1 hour (so he can sleep deeply). This is a good time for you to also have a rest. This is called intermittent KMC.

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24 hour KMC



Once your baby is growing well & no longer needing oxygen or IV fluid you will be moved to the KMC unit where you can give KMC all the time. You will be given a booklet to help you monitor your baby now & at home. This is a special time for you to really get to know your baby & provide all your baby's needs. There are 4 components of 24hr KMC:

KMC Position: Your baby should always be tied skin to skin, on your chest, with the head slightly tilted up except if you are using the bath room.

KMC Nutrition: Your baby should only be fed your breast milk either by tube or breast feeding. Your baby doesn't need any other milk or food for the 1st 6 months. This protects your baby & helps your baby grow.



KMC Discharge and follow up: As soon as your baby is healthy, breastfeeding & growing every day and you are confident you will be able to go home & continue KMC at home. It is really important for you to take your baby to the clinic or hospital every week to check he/she is still growing well.



KMC Support: In order for you to sustainably be able to give KMC in hospital & at home you need a caring & helpful environment and the support of the staff & your family & friends.



Community KMC

Its really important to continue KMC at home, and for the father and other family members to also give KMC. This should continue until your baby weighs at least 2500g or reaches baby's due date.

Well done you have given you, your baby & family a precious gift!



Acknowledgments: Every Premie Scale-Family Led Care Guide.
Bethany Kerr-Precious Infants.

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