

Kangaroo Care



What is Kangaroo Care?

Kangaroo care is a special way for parents to hold their baby, skin to skin, chest to chest.

What are the benefits of Kangaroo Care?

- Kangaroo care may help parents feel closer to their infant while he or she is in the intensive care unit.
- Lactation may improve for moms who choose kangaroo care.
- Kangaroo care may also help reduce some of the side effects of prematurity.
- Infants may have fewer episodes of pausing between breathes (apnea) and slowing of heart rate (bradycardia).



What are the risks of Kangaroo Care?

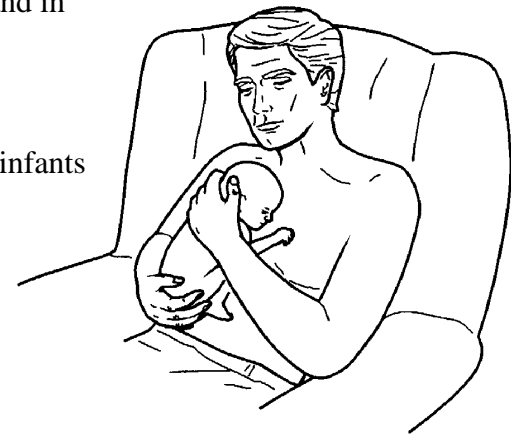
- Kangaroo care is not for everyone. Some parents may feel uncomfortable with this method of touch. We will attempt to provide as much privacy as possible in the NICU.
- Some infants may not tolerate this type of stimulation. Kangaroo care may have to wait until the baby is more mature developmentally to handle this method of care.

Who should do Kangaroo Care?

Kangaroo care is for parents and their premature or term babies. Infants must weigh at least 1000 grams (2 lbs. 1 oz.), be off the ventilator, and in stable condition without IV lines in the umbilicus.

When is it best to do Kangaroo Care?

- Kangaroo care should be done during a quiet period in the infants day when parent and baby can remain uninterrupted in the Kangaroo position for as long as is comfortable.
- Let your nurse know if you are interested in Kangaroo Care. We will get you started as soon as possible.



If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.

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- ▶ Upon request all patient education handouts are available in other formats for people with special hearing, vision, and language needs, call (614) 293-3191.