

Kangaroo Care

Benefits of Kangaroo Care

Kangaroo care, also known as skin-to-skin contact, has great benefits for all newborns, but is especially beneficial to preemie babies in the NICU.

Regulates baby's heart rate, breathing, and body temperature



Helps baby spend more time in deep sleep



Improves baby's weight gain



Increases mother's milk production for breastfeeding



Increases bonding between baby and mother (or baby and father if he is practicing kangaroo care)



How to Practice Kangaroo Care

Hold your diapered baby on your bare chest

Place a blanket over the baby to keep her warm

