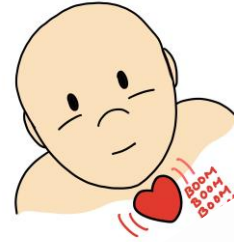


WHY IS KANGAROO CARE GOOD?



Baby breathes easier and safer

Baby's body temperature is warm and stable



Baby's heart pumps better

Better sleeping patterns
Less reflux in baby's stomach



Better tolerance to pain caused by needles



A chance for dads to be involved



KANGAROO-MOTHER CARE:

Baby feels the mother's sounds, smell and contact. Similar to pregnancy.

Mothers have less chances of bleeding after delivery



Less baby blues and stress for mums



Children grow stronger and healthier



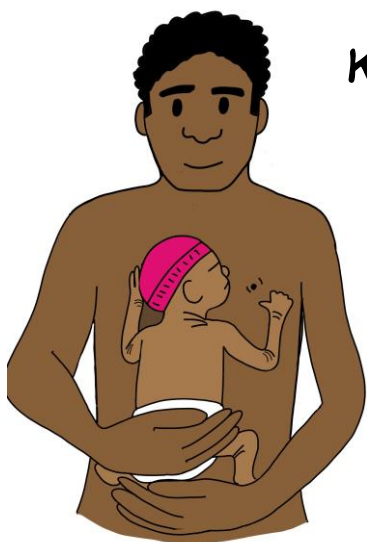
It improves bonding

Less infections and less mortality



Improves breast feeding. Earlier and longer

HOW TO DO KANGAROO-MOTHER CARE. SKIN TO SKIN



THE EARLIER, THE LONGER AND THE MORE FREQUENT, THE BETTER.



Baby facing mother.

Skin-to-skin in the middle of the chest.
Soft voice stimuli (talking, singing...)

Baby should only wear hat and nappy. Socks optional



The blanket at the level of baby's ear (to keep head steady)



The kangaroo position is ideal for breastfeeding



Turn baby's head every 2 to 3 hours



No necklace or chains



No bra

No perfume



No need to shave dad's chest hair



Avoid kangaroo care if you are ill

