

Kangaroo Mother Care

MADE EASY

POSITION



Baby is dressed in nappy and hat. Place in flexed position on chest.



Secure baby with a cloth or blouse. Support the head.



Keep your baby in this position, even when sleeping. Your body keeps baby warm.



ALWAYS carry your baby in the kangaroo position. Baby is safe in this position, whatever you do.

FEEDING



Breast milk is best for a baby. Express your milk if your baby cannot feed from the breast.



Feed the expressed milk by cup or nasogastric tube. You can also feed the milk with a teaspoon or syringe.



Let your baby suckle from the breast as soon as possible. Baby's head, neck and back are in a straight line.



This is a good feeding position. Baby's mouth is wide open and the chin is against the breast.

SUPPORT



Kangaroo mother care promotes bonding between you and your baby.



You are the primary caregiver. The health care workers will support you.



Other members of the family can also carry the baby in the kangaroo position.



Bring your baby back for follow-up visits or go to your local clinic regularly to make sure baby is growing well.

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Kangaroo Mother Care is a basic right of the new born, and should be an integral part of the management of low birth-weight and full term newborns, in all settings and at all levels of care, in all countries. - Bogota Declaration of K-MC, 1996

