

Kangaroo Mother Care (KMC)

The World Health Organization (WHO) recommends **Kangaroo Mother Care (KMC)** to help **small babies born prematurely or with low birth weights survive and thrive**. As of May 16, 2023, updated guidelines encourage a major shift - placing mothers at the heart of care and **encouraging love, warmth, and compassion over traditional medical interventions**.



What's Kangaroo Mother Care?

KMC is like a cozy hug for your baby, **holding them close against your bare skin**.

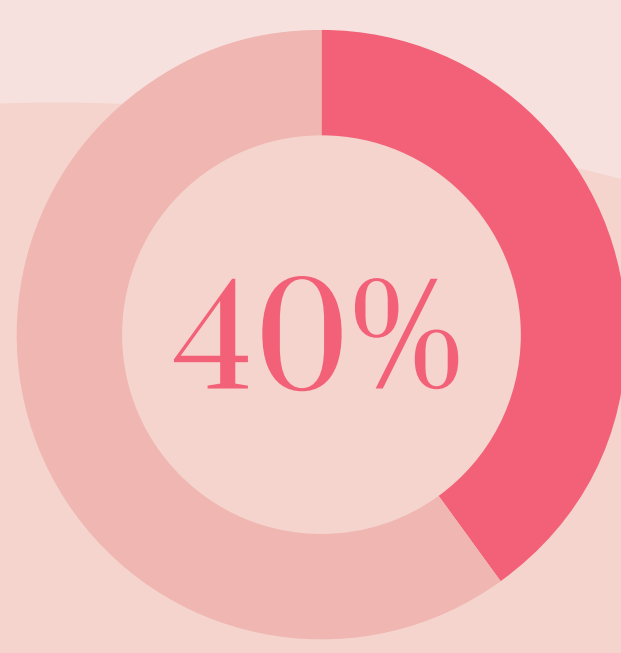
KMC is a way for you to bond with your little one, just like baby kangaroos snug in their mother's pouch.

How Kangaroo Mother Care is Taking the Lead in Preterm Care

In the past, hospitals and machines took the lead in preterm baby care. **KMC returns the focus of care to moms**.

Under this new paradigm, **you should directly care for your preterm baby right after birth**. Unless a critical health issue is present for you or baby, you would not wait for your baby to do procedures or checks in another part of the room apart from you after birth.

You would **support your preterm baby's continued growth** with continuous and prolonged skin-to-skin contact (i.e. 8–24 hours per day or for as many hours as possible).



Up to a **40% decrease in mortality** for high-risk newborns with the use of KMC.

The Impact of Kangaroo Mother Care

Recent studies show up to a **40% decrease in mortality for high-risk newborns** with the use of KMC.

Exclusive breastfeeding or breast-milk feeding is better supported when NICU babies are nurtured through KMC.

By respecting, empowering and supporting mothers as primary caregivers, **KMC builds mothers' confidence** to care for their infants and **improves bonding and attachment**.

Mothers who practice KMC have a **24% lower risk of moderate to severe depressive symptoms** and overall report less stress and anxiety.

Babies whose mothers use KMC **end their hospital stays earlier and go home earlier**.



How To:

- Hold your baby on your bare chest and in your arms right after birth. Isolettes should no longer be the default spot for most babies.
- Place your naked baby against your bare chest after birth; add a diaper while baby is in the NICU after your KMC golden hour post-birth.
- Cover your baby's back with a soft blanket or **Joey Band** to keep in the warmth.
- Keep the cuddle going during your waking hours as often as you can do it.
- After discharge from the hospital, continue to bond with baby with KMC until your baby's estimated due date and beyond.

Benefits of Kangaroo Mother Care

- Maintains your baby's optimal temperature.
- Keeps your baby's heart in an ideal rhythm.
- Lowers stress levels for both mothers and babies.
 - Enhances breastfeeding success.
- Supports faster weight gain for your baby.
 - Promotes better sleep for your baby.

[World Health Organization Reference #1](#)

[World Health Organization Reference #2](#)

