



Kangaroo Care is a great way to introduce your newborn to the outside world, wrapped in the comfort and familiarity of your embrace.



Jackson Purchase
Medical Center

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The best beginnings...

for you and your newborn begin with skin-to-skin contact

Kangaroo Care
New Beginnings
Birthing Center



Jackson Purchase
Medical Center



How do I practice Kangaroo Care with my baby?

Kangaroo Care is a special way to hold your baby for skin-to-skin contact. The baby snuggles on your chest, just like a kangaroo's pouch

- Immediately after birth, your baby will be dried off and placed on your chest.
- Both you and the baby will be covered with warm blankets.
- Your baby may take the first feeding at the breast.
- You and your baby may remain skin-to-skin for up to 2 hours.
- Do not hand the baby to family members or friends during this time as your baby will get cold.

Why is Kangaroo Care the “best care” for mom and baby?

- Helps to keep your baby warm
- Helps baby maintain good heart rate and breathing rate
- Your baby can be held skin-to-skin during procedures.
- Your baby will have better brain development
- Your baby may take the first feeding at your breast, which is the best care you can provide for your newborn.
- You will have more milk and more success with breastfeeding.
- You will have better bonding and feelings of closeness
- You will feel more confident caring for your baby.



Questions about Kangaroo Care

1. Can dad hold baby skin-to-skin?

Yes. Kangaroo Care is good for your baby when you return home. You can Kangaroo at home holding your baby skin-to-skin as often as you like. You and your baby continue to get all of the benefits that you had in the hospital.

2. Is there any reason I can't hold my baby skin-to-skin immediately after birth?

Sometimes there are medical reasons that keep you from holding your baby in Kangaroo right after delivery. If this is the case, your healthcare provider will help you start as soon as possible.

3. Can I hold my baby skin-to-skin if I am not planning on breastfeeding?

Yes. Even if you do not plan to breastfeed, you can hold your baby in Kangaroo Care. Babies and moms benefit from Kangaroo Care. Babies are born wanting to breastfeed, so don't be surprised if the baby tries to latch on to the breast all by himself. You might change your mind about breastfeeding.

4. Can I hold my baby Kangaroo if I have twins?

Yes. You can hold both babies skin-to-skin, together or separately.

5. Can I hold my premature baby skin-to-skin?

Premature babies benefit from being held skin to skin, it promotes growth, regulates temperature, breathing and heart rate. Your healthcare provider will work with you when your baby is ready to be held skin-to-skin