Skin-to-Skin

Family Support

Breastfeed on Demand

Sleep with Baby

Baby is blue

Baby is pale

Baby is cold

Baby doesn't want to breastfeed

Baby is agitated

Health Center

Baby is pale
Kangaroo Mother Care Method
Caring For Your Newborn

Body Heat

Mother's Milk

Love and Affection

Your baby's growth and health depend on your devotion and your confidence in providing your baby with this essential newborn care.

Mother's milk, Heat and Love
The 3 basic needs help your child's growth, development and health.

Keeping your baby between your breasts, directly in skin-to-skin contact all the time, everyday (round-the clock)
Mother’s body heat is the best way to keep the baby’s proper body temperature. Your baby will feel healthy and protected against the mother’s chest. Mother’s heat is the best for the baby.

Position
Keep your baby upright on your chest with his/her head nearly upright. This helps to prevent vomiting and choking.

Family Support
When the needed seek help from family support your husband, mother, aunt or other person to hold the baby against their chest. But remember that you should only leave the baby with someone else for a few moments. The mother is the most important caregiver for her children.

Baby Clothes
Nappies, hat and booties. Do not put the clothes on your baby, because this separates the baby from the skin-to-skin contact and the baby can lose needed body heat.

Cleaning
Do not bathe the baby. Clean your baby quickly with a damp warm cloth.

Feeding
Give only breast milk to your baby. Mother’s milk is the only food you should give the baby. Do not leave the baby for more than 3 hours without breastfeeding.

Stimulation
Talk to your baby. Hug/Cuddle your baby. Sing to your baby.

Medical Care/Check-ups
It is important that you take the baby for a check-up as instructed by the CNP or her helper. And always take the baby to the nearest the health facility at any time when the baby:
- Does not want to breastfeed
- Becomes purple
- Becomes pale
- Becomes cold
- Is very agitated

Cleaning Baby

Family Support

Baby Clothes

Cleaning

Feeding

Stimulation

Medical Care/Check-ups