

Skin-to-Skin



Family Support



Breastfeed on Demand



Sleep with Baby



Baby is blue



Baby doesn't want to breastfeed



Baby is cold



Baby is agitated



Health Center



Baby is pale





Cleaning Baby



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

**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.**