

Kangaroo Mother Care

MADE EASY

Position



Dress baby in nappy and cap. Put baby skin-to-skin on chest, with arms and legs bent (flexed position).



Secure baby well with a cloth or blouse. Support the head as illustrated.



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



Even when travelling or while doing chores, your baby is kept safe in this position.

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 tube. You can also use a teaspoon or syringe.



Let baby suckle from the breast as soon as possible. Support baby's head, neck and hips in a straight line.



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

Support



The health workers will support you while caring for your babies.



Mothers give the best care to their babies and bond well with them.



Family members 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 your baby is growing well.

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"Kangaroo Mother Care is a basic right of the newborn, 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." – Bogotá declaration of KMC, 1998



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