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.

“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.” – Bogota declaration of KMC, 1998

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