

Ten Steps to Successful Kangaroo Care

Every facility providing maternity services & care for newborn infants should:

- 1** Have a written kangaroo care policy that is routinely communicated to all healthcare staff.
- 2** Train all healthcare staff in the skills necessary to implement the policy.
- 3** Inform all pregnant women about the benefits and management of kangaroo care (KC).
Help mothers of healthy term infants initiate kangaroo care within a few minutes of birth. Help mothers of sick/premature infants initiate as soon as possible, and monitor infant.
- 4** Show mothers how to position the infant for both safe transfer and safe kangaroo care.
- 5** Practice 24/7 kangaroo care, allowing mothers and infants to remain in skin-to-skin contact 24 hours/day, 7 days/week until discharge.
- 6** Give newborns and infants at least 1 hour of KC per session, if not 24/7.

- 8** Encourage KC for all warming and comforting needs of infant.

- 9** Give adequate thermal insulation (head cap, warm blankets) to the infant throughout KC.

- 10** Foster the establishment of KC support for mothers through posters, patient scrapbooks, patient record of KC, and support groups that may assist after discharge.



Adapted from Ludington-Hoe SM, et al.. A Clinical Guideline for Implementation of Kangaroo Care with Premature Infants of 30 or More Weeks' Postmenstrual Age. *Advances in Neonatal Care*. 2008: S3-S23.

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