

# Kangaroo Care

**Kangaroo care promotes bonding, health and well-being, and can be healing for both you and your baby.**



## What is kangaroo care?

Also called skin-to-skin care, kangaroo care is when your baby is held on your chest with no blankets or clothing between you. Both mothers and fathers can participate in kangaroo care. It is best to hold your baby for at least 1 hour, limiting the number of transitions from bed to your arms and back to bed. Talk to your nurse, they can help you decide when kangaroo care is right for your baby.

## To Learn More

- Ask your child's healthcare provider
- [www.seattlechildrens.org](http://www.seattlechildrens.org)

## Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

## How can kangaroo care help my baby?

Kangaroo care may:

- Keep your baby's heart rate, breathing rate and temperature stable
- Help your baby spend more time in deep sleep and graduate to a crib from an isolette sooner
- Help your baby spend more time being quiet and awake, and less time crying
- Help your baby feed earlier and gain weight faster

## How can kangaroo care help me?

Kangaroo care may:

- Build your confidence about parenting and taking care of your baby's needs
- Lower the level of stress hormones in your blood
- Help you bond with your baby
- Increase breastmilk production if you are breastfeeding or pumping
- Help with the transition from bottle feeding to breastfeeding

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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