

What happens while you nurture your baby in kangaroo care?

Kangaroo Care is truly one of the best interventions and the results will last a lifetime. These below are only a few of the benefits of holding your baby chest to chest as recommended by the American Academy of Pediatrics:

"Best Practice is Kangaroo Care as soon as possible, for as long as possible, and as uninterrupted as possible"

(Nyqvist et al., 2010, May Acta Paediatrica)



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Benefits for the parents include:

- Enhanced attachment and bonding (Tessier et al., 1998).
- Resilience and feelings of confidence, competence, and satisfaction regarding baby care (Tessier et al., 1998; Conde Agudelo, Diaz Rossello, & Belizan, 2003; Kirsten, Bergman, & Hann, 2001).
- Profoundly beneficial for adoptive parents with critically ill preterm infant (Parker L, Anderson GC. , 2002).
- Increased milk volume, doubled rates of successful breastfeeding, increased breastfeeding duration (Mohrbacher & Stock, 2003).
- Physiologically mother's breasts respond to her infant's thermal needs (Ludington-Hoe et al., 2006).

Benefits for your baby include:

- Kangaroo Care reduces neonatal mortality (Conde-Agudelo et al, 2011).
- Significant, long-lasting social and behavioral protective effects 20 years after the intervention. (N. Charpak, R. Tessier, J. G. Ruiz, J. T. Hernandez, F. Uriza, J. Villegas, L. Nadeau, C. Mercier, F. Maheu, J. Marin, D. Cortes, J. M. Gallego, D. Maldonado. 2018)
- Less incidence and severity of infection (Charpak N, Ruiz-Pelaez JG, Figuero de Calume Z, Charpak Y., 1997).
- Accelerated autonomic and neurobehavioral development (Feldman R, Eidelman, 2003).
- Promotes self-regulation in premature infants: sleep wake cyclicity, arousal modulation, and sustained exploration (Feldman R, Weller A, Sirota L, Eidelman A., 2002).
- Consistently high and stable oxygen saturation levels, lower airway resistance, fewer apnea episodes, and an increased percentage of quiet sleep (Ludington- Hoe, Ferreira, & Goldstein, 1998).
- Stable temperature within normal thermal zone, heart rate, and respiratory rate (Ludington-Hoe et al., 2010).
- Reduced crying associated with painful procedures (Kostandy R, Ludington-Hoe SM, 2008).
- Breast milk is readily available and accessible, and strengthens the infant's immune system.
- The maternal contact causes a calming effect with decreased stress and rapid quiescence (McCain, Ludington-Hoe, Swinith, & Hadeed, 2005; Charpak et al., 2005).
- Reduced physiological and behavioral pain responses (Ludington-Hoe, Hosseini, & Torowicz, 2005).
- Increased weight gain (Charpak, Ruiz-Pelaez, & Figueroa, 2005).
- Enhanced attachment and bonding (Tessier et al., 1998).
- Positive effects on infant's cognitive development (Feldman, Eidelman, Sirota, & Weller, 2002).
- Less nosocomial infection, severe illness, or lower respiratory tract disease (Conde-Argudelo, et. al., 2003).
- Restful sleep (Ludington-Hoe et al., 2006).
- Earlier hospital discharge (London et al., 2006).
- Possible reduced risk of sudden infant death syndrome (SIDS) (see www.infactcanada.ca).
- Normalized infant growth of premature infants (Charpak, Ruiz-Pelaez, & Figueroa, 2005).
- May be a good intervention for colic (Ellett, Bleah, & Parris, 2002).
- Possible positive effects in motor development of infants (Penalva & Schwartzman, 2006).
- The critical positive stimuli to which the baby is exposed during Kangaroo Care are:
 - Vestibular: the chest movement of the breathing of the parent, and walking if allowed
 - Tactile: the skin and natural warmth of the parent
 - Olfactory: the scent of the skin of the parent and the maternal breast milk.
 - Auditory: by the voices and heartbeat of the parent.