

Kangaroo Mother Care





What is Kangaroo Mother Care?

Sometimes babies are born too soon or too small. These Low Birth Weight (LBW) babies need extra special care. Babies undergoing Kangaroo Mother Care will stay as warm as they would in an incubator. They will be more physiologically stable, bond better with their mothers, have fewer serious infections, go home sooner, and breastfeed better and longer.

Kangaroo Mother Care (KMC) is a concept prevalent especially in countries like Colombia, the Philippines and South Africa. Fernandez Hospital is one of the pioneering hospitals in T.S. running a Kangaroo Mother Care Unit. The concept is being accepted very well by new parents of LBW babies.

Babies in KMC

- Stay as warm as they would in an incubator
- Have better weight gain
- Bond better with their mothers
- Have fewer serious infections
- Go home sooner
- Breastfeed better/longer



Dear New Mother

Sometimes babies are born too soon or too small. These Low Birth Weight (LBW) babies need extra special care. Babies undergoing Kangaroo Mother Care will stay as warm as they would in an incubator. They will be more physiologically stable, bond better with their mothers, have fewer serious infections, go home sooner, and breastfeed better and longer.

You have probably spent many anxious weeks waiting for your low birth weight baby to gain some weight. The doctors and nurses will do their best, but, only you can give your baby special love and tenderness.

How can I show my baby how much I love him?

While his condition is unstable you can gently touch him and talk to him in the incubator. The baby calms down when he feels your hands or hears your voice. Always wash your hands before you touch the baby.

Once the baby is stable the nurse will encourage you to move in with the baby to the KMC Ward.

What is Kangaroo Mother Care?

KMC is a special method of caring for low birth-weight babies. It consists of three components:

1. Skin to skin contact
2. Breastfeeding
3. Early discharge

Why is KMC good for my baby?

Several studies all over the world, from high tech neonatal intensive care units in the USA, to the most simple baby ward at mission hospitals in Africa, have demonstrated the benefits of KMC over traditional care alone.

KMC Benefits

Establishing a KMC unit may result in a greater capacity of the Hospital to deal with its increasing number of high-risk, low birth weight infants by creating a cost-effective and safe step down facility for these infants from neonatal intensive care.



Kangaroo Position



Baby is dressed only in a nappy and cap and placed on your chest inside your blouse skin to skin, in an upright position between your breasts. The baby remains in this position all the time except when you go to the bathroom. You can continue to go about your daily tasks with the baby in the kangaroo position. Your body keeps your baby warm - like an incubator! Fathers can also give skin to skin care!!

Kangaroo Nutrition

While the baby is in the kangaroo position he stimulates the breasts to produce more milk and he is able to breastfeed whenever he wants. When the baby is too small or too immature to suck from the nipple, he is fed expressed breast milk via a little plastic tube which goes through his nose into his tummy, or else via a cup. You will be surprised to see how easily a premature baby can feed from a cup.



Kangaroo Discharge

The baby may go home at 1400 – 1500 gms, if he is gaining weight in Kangaroo Mother Care and is mostly breastfed.



Guidelines for the KMC Ward

LENGTH OF STAY: We cannot tell you exactly how long you will spend in the KMC ward with your baby. It will depend on how soon you are both ready to go home. This means that the baby must weigh at least 1500 gm and be able to feed adequately. The baby should be putting on weight in the KMC position. It also means that you must feel comfortable with handling your baby and with breastfeeding.

IN THE WARD AND AT HOME: Whilst in the KMC ward, you will keep your baby in the KMC position all the time, except when you go to the bathroom. The baby should be in the KMC position for all your other activities such as sleeping, eating, watching TV, etc. Please wear your ordinary clothes rather than your night dress during the day. We want you to get used to keeping the baby in this position so that when you go home you can carry the baby the same way, while you are doing your housework, visiting your friends, shopping, etc. Your husband can carry the baby in the same way, so you can rest.

MEALS: The hospital will provide all meals, but you may bring whatever extra food you wish such as tea and coffee or snacks for between meals. There are an electric kettle and a stove in the ward for your use.

VISITORS: As the baby is small and susceptible to infection, our visiting policy remains the same as for the Neonatal Unit. Only fathers, siblings and grandparents may visit. Other family and friends must wait to see the baby at home. Visitors should stay in the waiting room since other mothers in the ward may be sleeping, dressing or breastfeeding.

In affluence, KMC is a useful addition to infant care. In financial constraints, it is a precious gift. In poverty, it may be the only means of survival.

- Prof. Atties Malan



Fernandez Hospital Bogulkunta

4-1-1230, Bogulkunta,
Off Abid Road,
Hyderabad – 500001.

Fernandez Hospital Hyderguda

3-6-282, Hyderguda,
Opp. Old MLA Qtrs.,
Hyderabad – 500029.



Stork Home Banjara Hills

8-2-698, Road No. 12,
Banjara Hills,
Hyderabad – 500034.

Centralized Tel. No: +91 40 40222300
For Appointments Call: +91 40 40222397
www.fernandezhospital.com

Notes:

