



Centre for
Perinatal Psychology
Helping you towards parenthood



Kangaroo Care

Speaking for the Baby Campaign

Kangaroo care is a special type of care for newborns that involves direct skin-to-skin contact between the baby and a parent. This method allows the baby to be placed directly on the parent's bare chest, providing warmth and comfort through close contact. Baby is usually kept in a nappy and maybe a hat for warmth. Wrapping a blanket around baby creates a warm and containing kangaroo-like pouch. Baby may look up at you, as in this illustration, but as they settle in they will have their head turned to one side. When you are both snug and comfortable, you can stay there for an hour or more.

Kangaroo Care

It feels better here with you Dad
I can feel your warmth
Your steady heartbeat helps my
heartbeat to steady
Your calm breathing helps my
breathing to calm



Benefits for Babies

- Helps regulate the baby's heartbeat and breathing, supporting their overall stability
- Improves oxygen levels, which is important for healthy development
- Aids in weight gain, helping babies grow stronger
- Reduces the risk of infection, supporting the baby's health
- Provides a sense of closeness, warmth, protection and safety, which are all important for the baby's emotional wellbeing

Benefits for Parents

- Increases parents' confidence in caring for their baby
- Encourages bonding through close and loving contact
- Reduces stress and promotes a sense of calm for parents
- Supports early breastfeeding, helping parents and babies establish feeding routines

Kangaroo care, also called skin-to-skin, is beneficial right after birth, particularly during the initial days and can be done with premature babies, sick babies, and physically well babies.

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