



Skin-to-Skin Holding (Kangaroo Care)

The power, benefits and
impact of skin-to-skin
care for newborns,
parents and families

Close To Me



Stay close to me with...

...gentle, still touch.



Stay close to me with...

...hand swaddling.



Stay close to me with...

...skin-to-skin holding.



Benefits to your baby

Skin-to-skin holding is good for your baby's health because it often can:

- Keep a baby warm
- Stabilize a baby's heart rate
- Help a baby gain weight
- Reduce discomfort a baby may feel



Benefits to you

Kangaroo care is good for moms and dads, too, because:

- It can help you bond with your baby.
- Holding your baby may increase your milk supply.
- It can reduce your stress and lift your spirits.
- It may help you become more confident parents.
- You are a vital part of your baby's care.



Stay close to me by...

...breastfeeding me or giving me a bottle with breastmilk or formula, when I'm ready.



Stay close to me by...

...reading me a story.



Stay close to my...

...brothers and sisters, too!



Stay close to your partner.



Stay close to me...

...forever!

