

BENEFITS OF KANGAROO MOTHER CARE



Photo: University Teaching Hospital and Ministry of Health/Zambia

Improves baby's chance of survival

- Baby's heart beat becomes more regular
- Baby stays warm and does not lose heat
- Baby is less likely to get sick



Photo: University Teaching Hospital and Ministry of Health/Zambia

Improves baby's feeding and growth

- Mother produces more breastmilk
- Baby is more willing to breastfeed
- Baby's weight goes up



Photo: Fundación Canguro

Improves baby's and caregiver's wellbeing

- Baby sleeps better
- Baby's brain develops better
- Mother and baby are both less stressed
- Mother and father gain confidence and bond better with the baby
- Baby is discharged early