

טיפול 'קנגורו'

Kangaroo treatment

מידע להורים

Information for parents

Dear parents, congratulations.

Welcome to the Shaare Zedek Neonatal Intensive Care Unit (NICU).

Physical contact between newborns and their parents is extremely significant for the baby's health and development.

"Kangaroo" is the name of a method that allows such contact in an optimal manner.

In "Kangaroo" treatment, the newborn is held in direct contact between its skin and the parent's. The newborn is laid naked (except a diaper) horizontally on the parent's bare chest, with its back covered with a blanket or the parent's clothing.

Nestling the newborn in the pocket prepared for it on its parent's chest resembles a kangaroo in its mother's pouch, hence the method's name: "Kangaroo".

Why is this important?

Since the introduction of this method in 1978, many studies at Shaare Zedek and all over the world have shown positive effects when it is performed for at least one consecutive hour per day:

Effects of "Kangaroo" on the parents:

- Better connection with the newborn
- Increased production of breast milk
- Increased parent confidence regarding childcare
- Increased sense of control
- Reduced anxiety

Effects of "Kangaroo" on the newborn:

- Reduces infections
- Improves oxygen levels in the blood
- Stabilizes heart and breath rates
- Helps preserve body heat and energy
- Improves the time and quality of sleep
- Increases weight gain
- Reduces crying, pain and anxiety
- Improves the quality of breastfeeding
- Expedites release from hospital
- Studies performed during 20 years after treatment showed advantages in brain function and capacity



How do I start?

- It is recommended to shower during the day before contact, and to arrive at the NICU without perfume or lotion in the chest area.
- Under some circumstances "Kangaroo" cannot be performed. **Please ask your treating nurse right away, regarding whether you may start performing "Kangaroo".**
- It is best to wear a wide shirt, or one that opens from the front. The NICU has robes and curtains for maintaining privacy.
- Remove the newborn's clothes, except for the diaper, and lay it straight on your bare chest. Bend its legs like a fetus and turn its head to the side, slightly bending backwards.
- Make sure that free airflow is maintained.
- **Do not disconnect the newborn from any existing monitoring or treatment.**
- Cover the newborn with a robe or a blanket and cover its head with a cap in order to maintain body heat.

Important:

- Even if it seems like the newborn is fragile and you fear holding it, remember that the best place for it is in close contact with you.
- The staff is here to help you.
- Plan accordingly so that you can hold the newborn for at least one hour straight. It is recommended to hold it this way the entire day.
- It is important to let the newborn rest. This is not play time.
- It is very important for the father and mother to hold the newborn alternately. The different touch creates a positive stimulus for the newborn.
- Don't talk on the phone while doing "Kangaroo". This is quality time with newborn, who needs your full attention.
- **If at any stage you feel unwell or feel that the newborn is in any danger, call immediately for help. There is a nurse call button next to the newborn's crib.**



**There is no replacement for skin-to-skin
contact with a parent!**

Relax and enjoy your quality time together

**We're at your side
The NICU staff, Shaare Zedek**