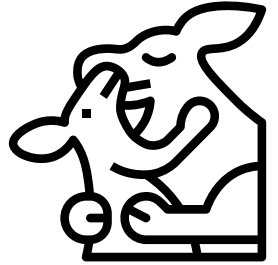


KANGAROO CARE IN THE COMMUNITY

The benefits and potential uses of skin-to-skin contact between parents and new infants **FOR PROVIDERS**

WHAT IS KANGAROO CARE?

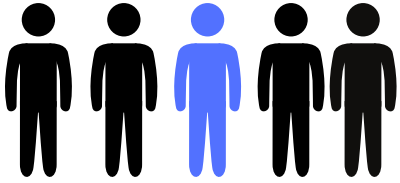
- Kangaroo care is a method of holding a baby skin-to-skin, often in an upright position against a parent's bare chest. Moms, dads, and other non-birthing parents can participate in kangaroo care.
- Kangaroo care was developed in Bogota, Columbia in the late 1970s. It is now typically used in the Neonatal Intensive Care Unit, but has utility in the community setting, as well (1, 2).



META-ANALYSIS

WHAT EVIDENCE SUPPORTS ITS USE?

- Decreased infant crying time and increased infant sleep time (3)
- Improved infant and parental temperature control, heart rate variability, and oxygen saturation (4)
- Increased milk supply due to oxytocin upregulation (5, 6)
- Decreased incidence of postpartum depression (6)
 - Decreased parent and infant cortisol levels (7)
 - Improved parent-infant bonding (8)
 - Increased parental confidence in parenting abilities (9)

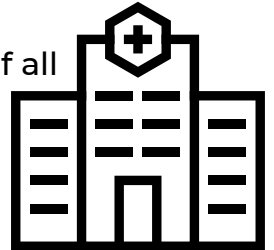


WHAT RISKS SHOULD WE CONSIDER?

- *Avoid Suffocation:* Teach parents to position baby's face to the side.
- *Do not substitute for other support:* Kangaroo care is not a substitute for medical or pharmacologic support for concerning physiologic or depressive symptoms.

WHO IS CURRENTLY RECOMMENDING IT?

- Health center websites recommending skin-to-skin contact for infants of all sizes and gestational ages include: Cleveland Clinic, Packard Children's Hospital, John's Hopkins All Children's Hospital, Children's Minnesota, University of Louisville Hospital, Maine Health, etc.
- *Google Search:* "[Hospital Name] Kangaroo Care" for details



WHO MIGHT BENEFIT?

- Infants with low or normal birth weight, stable or unstable physiology; all infants!
- Parents who are having difficulty breastfeeding
- Dads; this is an excellent way to support early paternal engagement
- Families who are feeling socially isolated during the COVID-19 pandemic



KANGAROO CARE IN THE COMMUNITY

REFERENCES

1. Mazumder S, Upadhyay RP, Hill Z, Taneja S, Dube B, Kaur J, et al. Kangaroo mother care: using formative research to design an acceptable community intervention. BMC Public Health [Internet]. 2018 Mar 2 ;18. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5833044/>
2. Sinha B, Sommerfelt H, Ashorn P, Mazumder S, Taneja S, More D, et al. Effect of Community-Initiated Kangaroo Mother Care on Postpartum Depressive Symptoms and Stress Among Mothers of Low-Birth-Weight Infants: A Randomized Clinical Trial. JAMA Netw Open. 2021 Apr 22;4(4):e216040.
3. Anderson GC. Current knowledge about skin-to-skin (kangaroo) care for preterm infants. J Perinatol Off J Calif Perinat Assoc. 1991 Sep;11(3):216–26.
4. Moore ER, Anderson GC, Bergman N, Dowswell T. Early skin-to-skin contact for mothers and their healthy newborn infants. Cochrane Database Syst Rev. 2012 May 16;(5):CD003519.
5. Hurst NM, Valentine CJ, Renfro L, Burns P, Ferlic L. Skin-to-skin holding in the neonatal intensive care unit influences maternal milk volume. J Perinatol Off J Calif Perinat Assoc. 1997 Jun;17(3):213–7.
6. Badr HA, Zauszniewski JA. Kangaroo care and postpartum depression: The role of oxytocin. Int J Nurs Sci. 2017 Apr 10;4(2):179–83.
7. Vittner D, McGrath J, Robinson J, Lawhon G, Cusson R, Eisenfeld L, et al. Increase in Oxytocin From Skin-to-Skin Contact Enhances Development of Parent–Infant Relationship. Biol Res Nurs. 2018 Jan 1;20(1):54–62.
8. Charpak N, Ruiz JG, Zupan J, Cattaneo A, Figueroa Z, Tessier R, et al. Kangaroo Mother Care: 25 years after. Acta Paediatr Oslo Nor 1992. 2005 May;94(5):514–22.
9. Sweeney S, Rothstein R, Visintainer P, Rothstein R, Singh R. Impact of kangaroo care on parental anxiety level and parenting skills for preterm infants in the neonatal intensive care unit. J Neonatal Nurs. 2017 Jun 1;23(3):151–8.

A FEW MORE RESOURCES...



CLEVELAND CLINIC

Website information for families



HARVARD MED

A story about the human incubator



NORTHWESTERN

A podcast about paternal engagement

MAY 2021

Created by Emma Dunne, Larner College of Medicine at the University of Vermont
Family Medicine Clerkship Student Project