

# KANGAROO MOTHER CARE

## Kangaroo Mother Care India Network

### What is Kangaroo Mother Care (KMC)?

**Skin to skin contact between baby and mother's chest**



Provides warmth, prevents aspiration, stimulates breathing

### How to provide KMC?

**Mother should be in sitting or semi reclined position**



Provide KMC for as long as possible

### Which babies need KMC

**All stable LBW babies are eligible for KMC**



All LBW babies benefit from KMC

### Where can KMC be provided?



Nursery or postnatal ward

### How long should KMC be practiced?



Should be continued at home

### Who else can provide KMC?



Any family member can provide KMC

### What are the components of KMC?

**Skin-skin contact of the infant on mother's chest**



**Exclusive breast feeding**



**Support to mother & post-discharge follow-up**



### Benefits

- \* Provides warmth to the baby
- \* Promotes exclusive breast feeding
- \* Improves weight gain & growth
- \* Reduces hospital stay
- \* Reduces infection
- \* Promotes baby-mother bonding



### What are you waiting for ?

KMC is a simple, low-cost and highly effective intervention which benefits low birth weight babies

- \* The babies and their mothers love KMC
- \* You too can promote KMC in your unit... start today...
- \* Ensure KMC for all stable LBW babies



KMC India Network



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For more information visit [www.kmcindia.org](http://www.kmcindia.org)