**Counselling guide to motivate mothers to initiate KMC**

***Case Scenario***

Rani gives birth to a 34 week 1500gms baby. This is her first baby. Baby is stable. Motivate and counsel the mother for KMC

***Script***

***Nurse:*** Hello Rani, it is good to see you so early in the morning. How are you?

***Rani:*** I am doing fine. I have come to feed my baby. He is so small. I wonder whether he will grow, and he seems so delicate.

***Nurse:*** It looks like you are worried about how small he is, am I right? But it is good you are coming on time to feed him. Your milk will help him to grow. Do you think that your baby will require different kind of care compared to other babies? He is breathing well, his colour is good and after you feed him I will show you how to hold him in a special way. This will help him to grow faster too.

***Rani:*** But I am scared to hold him, I am always asking you to be with me, when I feed him.

***Nurse:*** This is your first baby, so you will be scared, and that is OK. That is why I am here to help you when you feed him. Last night, when he was born, it was too late and you were also tired so I did not show you how to hold him in a special way. This will make your baby remain well. This method of holding is called kangaroo mother care. The Kangaroo is an animal found in Australia. Its baby is usually born early. So the kangaroo mother keeps the baby in a pouch (like a pocket near the abdomen) so that the baby is warm and can also breast feed. Keeping the baby warm and breast feeding are two important ways to care for your baby too.

***Rani:*** I don’t have a pocket near my stomach so how can I keep my baby and also feed him?

***Nurse:*** Let me show you, how you can do this just like the Kangaroo. What you need is a cap and socks for your baby and napkin. You must wear something which can be opened in the front. E.g. like your saree blouse or a night gown. All the baby’s clothes will be removed except for the cap, socks and napkin.

***Rani:*** But would the baby not get cold, without any clothes?

***Nurse:*** That is such a good question! Your baby will be kept in direct contact with your skin between the breasts, and then covered with your saree or clean cloth. This way your body temperature which is normally 370C, is the right temperature for the baby. By being in touch with your skin your baby will become warm. Can I show you how you can now hold the baby in this special way?

***Rani:*** Yes

***Nurse:*** You must place the baby between your breasts, with his head slightly turned upward, his legs in a frog like position and his hands raised slightly on your chest. This will help the baby to breathe normally. Then you will wrap your saree / or a clean cloth around the baby and around you so that baby is safely held. Can you see this picture? I will also show you how to do this now, are you ready?

***Rani:*** Yes

***Nurse***: (while positioning the baby says). See the baby is kept straight between your breasts, his head is slightly turned upwards, his legs are placed in a frog like position and his hands slight upwards on the chest. Now are your comfortable?

***Rani:*** Yes, but I am scared he will fall or whether he will breathe well?

***Nurse:*** It could be scary, thus till you are confident, you can sit and do this. Plus remember you have tied your saree around yourself and the baby. So he will not fall. Secondly since the baby’s head is turning facing slightly upwards and his body is touching your skin directly, you can make out if he is breathing.

***Rani:*** Will this help my baby grow faster

***Nurse***: Yes, this will help your baby keep warm. Since your baby is held close to your skin, that can help more breast milk to be produced, thus your baby can feed well too.

***Rani***: How long should I keep the baby like this?

***Nurse***: You can start first with 1 hour. As you get used to it, you can increase the time. The baby will benefit most if you can give KMC for as long as possible. Of course, you will need rest. That time some other family member like your husband, your mother or your husband’s mother or father can give KMC.

***Rani:*** Really, others can also give KMC.

***Nurse***: Yes. You can speak to the other mothers in the ward who are already giving KMC. You might get some more tips from them.

***Rani***: Thank you, I have understood this special way of holding and caring for my baby. I will ask you if I have any doubts OK?

***Nurse***: Sure. Can you tell me what all we discussed today?

***Rani***: You told me about the special way of holding the baby, how it would keep the baby warm, help me feed the baby better and thus help the baby to grow better.

**Counselling Script – Worksheet using ALPAC**

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