

4. Bind the baby with a shawl/ long cloth.



**What should be the duration of one KMC session ?**

- Minimum duration should be one hour.
- The duration of each KMC session can be gradually increased up to 24 hours a day, interrupted only for changing diapers.

**What are the don't's of KMC?**

- Do not bathe till the baby weighs 2,500g, sponging may be done.
- Do not handle the baby too frequently.
- Do not give bottle feed.
- Do not allow the baby to be in contact with anyone who is sick.

**When should KMC be discontinued?**

When gestation reaches term or the weight is around 2,500 grams.

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**KANGAROO  
MOTHER  
CARE**



## What is KMC ?

**Kangaroo Mother Care (KMC)** is a simple method of care for low birth weight babies that includes early and prolonged skin-to-skin contact with the mother (or a substitute care-giver) and exclusive and frequent breastfeeding.

## How will KMC help?

Helps you by

- Increasing milk production.
- Boosting your confidence in caring for your baby.
- Improving bonding between you and your baby.
- Empowering you to be an active person in your baby care.
- Decreasing cost due to lesser hospitalization.

Helps your baby by

- Keeping body temperature within normal limits.
- Reducing severe infections.
- Improving weight.
- Leading to better brain development.
- Reducing risk of death of newborn.

## Which babies require KMC?

Baby with birth weight less than 2500 gm or born prematurely.

## Who can provide KMC?

Any one in close contact with the baby, preferably the mother. The father and other adult

family members could also provide KMC.

KMC provider should be willing, in good health, free from serious illness and should maintain basic standards of hygiene.



Father providing KMC



Grand-mother providing KMC

## What are the articles needed for KMC?

For you

- A front-open, night gown with zip.
- Suitable clothes (Anyone) Kangaroo bag or baby bag or sari or shawl or binder that can retain the infant for an extended period.

For your baby

- Cap, socks, disposable diaper.

## How to provide KMC?

1. Wear a front open night gown



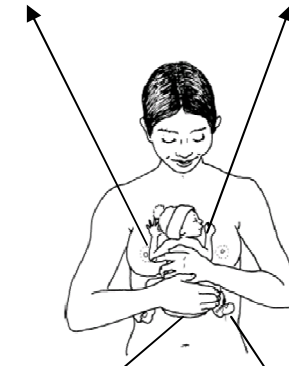
2. Put only cap, socks and diaper for the baby.



3. Position the baby for KMC

Baby between mother's breasts

Head turned to one side



Support baby's bottom

Frog-leg position

It is better for the person giving KMC to be at an angle of 30°. But she/he can walk and continue other activities.



KMC during household work



KMC while resting