

KMC Reminder Card

1. Causes for Low Birth Weight Baby

2. Kangaroo Mother Care

3. Breastfeeding

4. Danger signs in newborn



Causes for Low Birth Weight Baby

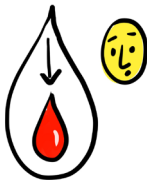
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< 18
yrs



Teenage pregnancy

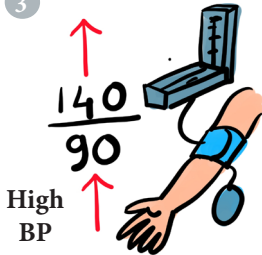
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Anemia (Hb <7 gm)

Causes for Low Birth Weight Baby

3



4



Malnutrition

Causes for Low Birth Weight Baby



Uterine
infection



Underweight



Stress



Short stature

< 145 cm

Causes for Low Birth Weight Baby

9

< 9 months



Previous history of preterm
delivery

10



Twins

Causes for LBW Baby

11

9 months



Bleeding  before 9 months of pregnancy

12



Fever/other infections



If any danger signs/risks during pregnancy, quickly refer the pregnant woman to the taluk or district hospital. Delivery should be conducted in the hospital.

Kangaroo Mother Care

KMC means a simple method of care for low birth weight infants that includes early and prolonged skin to skin contact with the mother or a substitute care giver and exclusive and frequent breastfeeding



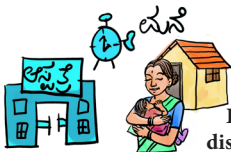
KMC- Benefits to Mother



Improves
breastmilk



Bonding
between
mother &
child



Early
discharge

Saves
money



KMC-Benefits to Baby



Better physical
activity



Breath
better

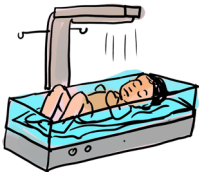


Grows better

KMC-Benefits to Baby



**Reduces
infection**



Acts as incubator



**Excites all
senses-touch,
smell,vision, taste
& hearing**

KMC-Benefits to Baby



Quiet
sleep



Improves
mental
abilities



Saves life

Steps to do KMC



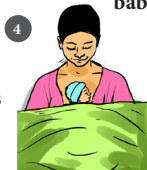
1 Put the nappy, socks & cap



3 Give support to the baby's buttock



2 Put the baby between mother's breast in frog leg position & turn the head to one side



4 Cover baby & mother with a shawl

KMC



Babies with birth weight <2500gm

To whom?

Who can do?



Mother or any other healthy person

How long KMC to be given?

Till when to do KMC?



24 hrs or as long as possible

Till baby gains weight 2500 gm or as per the advice of the doctor



Give KMC at a time 90-120minutes to reduce handling

KMC Positions



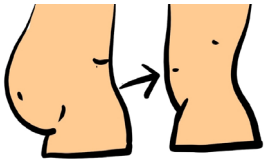
**KMC during sleep-
reclining position or use
3-4 pillows on ordinary bed**

**Easy reclining
chair**



**Can walk,
stand**

Breastfeeding-Benefits to Mother

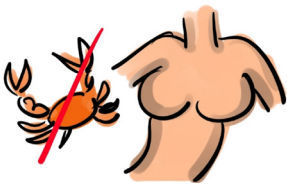


**Helps the uterus to
return to normalcy**



**Bonding between
mother and baby**

Breastfeeding-Benefits to Mother

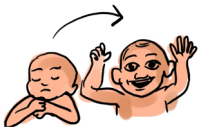


Lowers the risk of
breast cancer

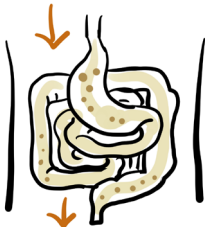


Saves money & time

Breastfeeding-Benefits to Baby



**Better physical
& mental
growth**



Easy digestion

Breastfeeding-Benefits to Baby



Lowers diarrhea,
respiratory infection



Lowers diabetes ,
obesity and cancer
risks

Breastfeeding Steps



**Touch baby's lips or cheek with nipple.
make sure baby's mouth wide open to cover the nipple and dark portion (areola) of breast**

If baby is not able to suck the breastmilk, express the milk and do pallada feeding

Breastfeeding



Do not discard
colostrum (first milk)



Feed baby 10-12
times in a day
(24hrs)



Do not give
anything other
than breastmilk
up to 6 months

Breastfeeding Positions



Feed from one breast at a time to avail the complete nutritional benefit

Expression of Breastmilk Steps



Wash hands with soap



Sit comfortably

Expression of Breastmilk Steps

3



Keep the thumb on the upper portion and forefinger on the lower portion of the areola

4



Press the breast slowly upward and backward

Expression of Breastmilk Steps

5



Hold the breast with thumb and forefinger and slowly squeeze the breast to collect the milk in a container

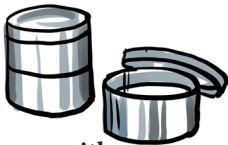
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Likewise squeeze the breast in all directions and collect the milk

How to store Breastmilk?

- Wash the container and put it in the boiling water
- Then store the milk in the container and cover with the lid
- This milk can be stored up to 6 hours in room temperature



Danger Signs in Newborn

Fever



Fits



Diarrhea



Danger Signs in Newborn

Physical inactivity



Refuses
breastmilk



Lips, tongue,
feet and
hands are
blue in colour

Danger Signs in Newborn

Baby turns in to yellow color



**Redness in the cord /
infection in the cord**



Danger Signs in Newborn

Pustules all over the body or one large boil



Chest in drawing



Difficulty in breathing

