

## SKIN TO SKIN (KANGAROO) CUDDLES

Having skin to skin cuddles with your baby on the neonatal unit has many benefits for both of you, and is one of the best things you can do

Gives you and your baby time to feel close and safe

for your baby

Builds your confidence as a parent

Allows you to comfort your baby when upset

Helps to regulate your baby's breathing, heart rate and temperature

Supports your supply of breast milk

Helps your baby to sleep which is very important for their brain development

The following steps are a guide as to how you can have skin to skin cuddles with your baby

### 1 PLAN AND GET READY



- It can be helpful to wear clothing that allows easy access to your skin such as a front opening shirt or a nursing vest
- Have something to eat and/or drink, and visit the toilet
- Move a reclining chair or chair & footstool close to the cot
- Bring a blanket or soft sheet to cover you and your baby
- Check that any tubes and lines are able to reach the chair easily, and place the call button within reach



## 2 PREPARE TO LIFT YOUR BABY

- Let your baby know that you are here by very quietly saying what you are going to do and gently placing your hand on them
- Slowly undress your baby except for their nappy
- Roll your baby on to their side to face you
- Bend over so that your chest is as close to your baby as possible
- Slowly and gently lift your baby up to rest on your chest
- Keep your baby sideways across your chest for now



## 3 RELAX IN THE CHAIR



- Move slowly to the chair and sit down gently
- Recline the chair or rest your feet on the footstool
- Slowly turn your baby so their head is upright against your chest and close enough for you to easily kiss, and their body is lying on your bare skin
- Cover yourself and your baby to keep warm
- Ask for a screen if you would like more privacy

## 4 ENJOY SKIN TO SKIN CUDDLES TOGETHER

- You may wish to spend some time talking or singing quietly to your baby. You can use your phone or a mirror to look at your baby's face
- Skin to skin can be enjoyed by dads, partners, siblings and other close family too
- Continue having skin to skin time even once your baby is wearing clothes



SCAN ME

Remember the staff are there to support you to have Skin to Skin cuddles with your baby  
To see a video with further information on the process of how to have skin to skin cuddles with your baby please scan the QR code

