

## CREATING CONNECTIONS

# SKIN TO SKIN (KANGAROO) CUDDLES

where parent carries baby from the incubator to the chair

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 for your baby

Gives you and your baby time to feel close and safe

Builds your confidence as a parent

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

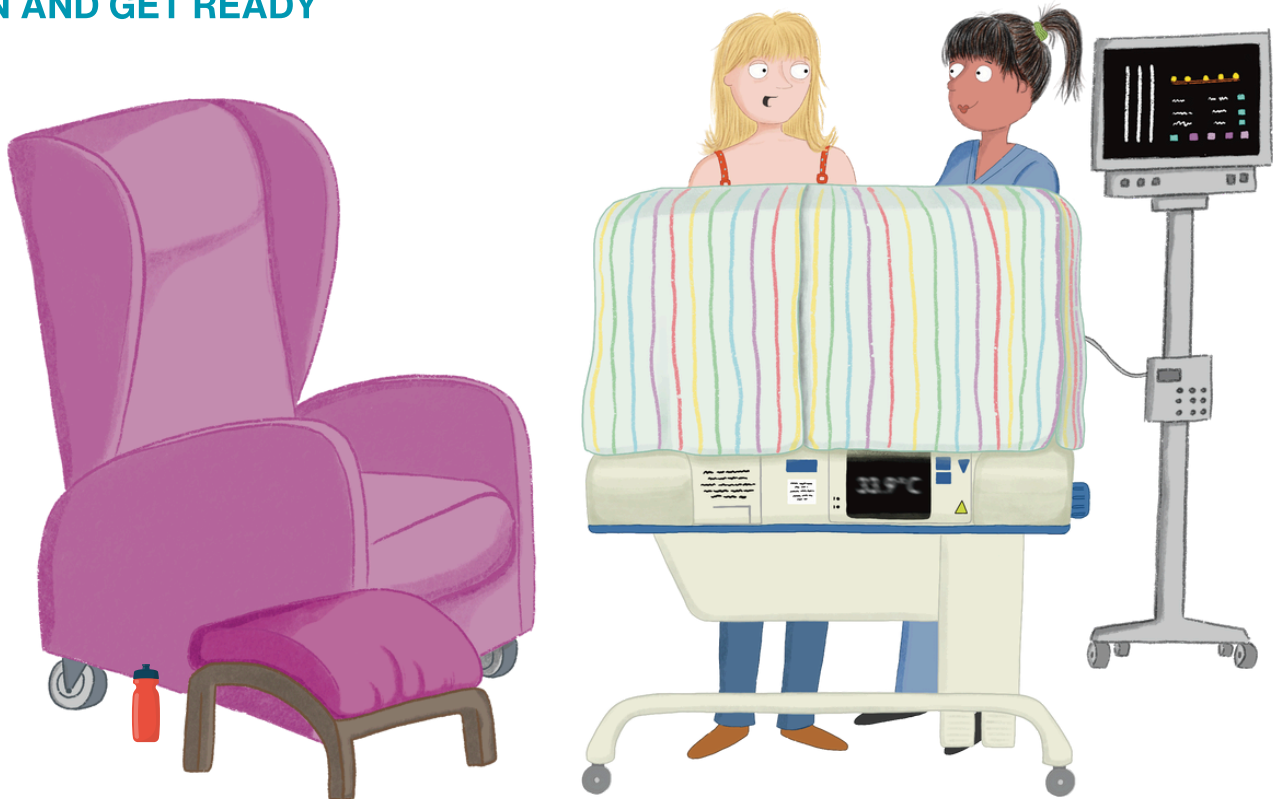
Helps your baby to sleep which is very important for their brain development

Allows you to comfort your baby when upset

Supports your supply of breast milk

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
- Bring a blanket or soft sheet to cover you and your baby
- Move a reclining chair or chair & footstool beside the incubator
- Together with the nurse, check that any tubes and lines are able to reach the chair easily
- Place the call button, and a bottle of water within easy reach
- Place a screen close by if you would like more privacy

Remember the staff are there to support you to have Skin to Skin cuddles with your baby



**NORNET**  
northern neonatal network

## 2 PREPARE TO LIFT YOUR BABY

- Let your baby know that you are here by very quietly saying what is going to happen and gently placing your hand on them
- Put a hat on your baby if advised and leave their nappy on
- Open the incubator, and slowly turn your baby so their feet are closest to you
- Lay your baby on a blanket so their back is covered as you lift
- Lean forward over your baby so your chest is very close to them and gently lift your baby on to your chest
- Slowly stand upright keeping your baby resting against your chest



## 3 RELAX IN THE CHAIR

- Move slowly to the chair and sit down. Staff will guide you and will ensure any tubes and lines are positioned safely
- Open your clothing so your baby is lying on your bare skin and cover both of you with a sheet or blanket to keep warm



- Your baby's head should be upright against your chest with their chin slightly lifted so they can see and breathe, and the top of their head close enough for you to easily kiss



## 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 and other close family too
- Staff will regularly monitor your baby during cuddles

