

CREATING CONNECTIONS

SKIN TO SKIN (KANGAROO) CUDDLES

where staff carry your baby to you from the incubator

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

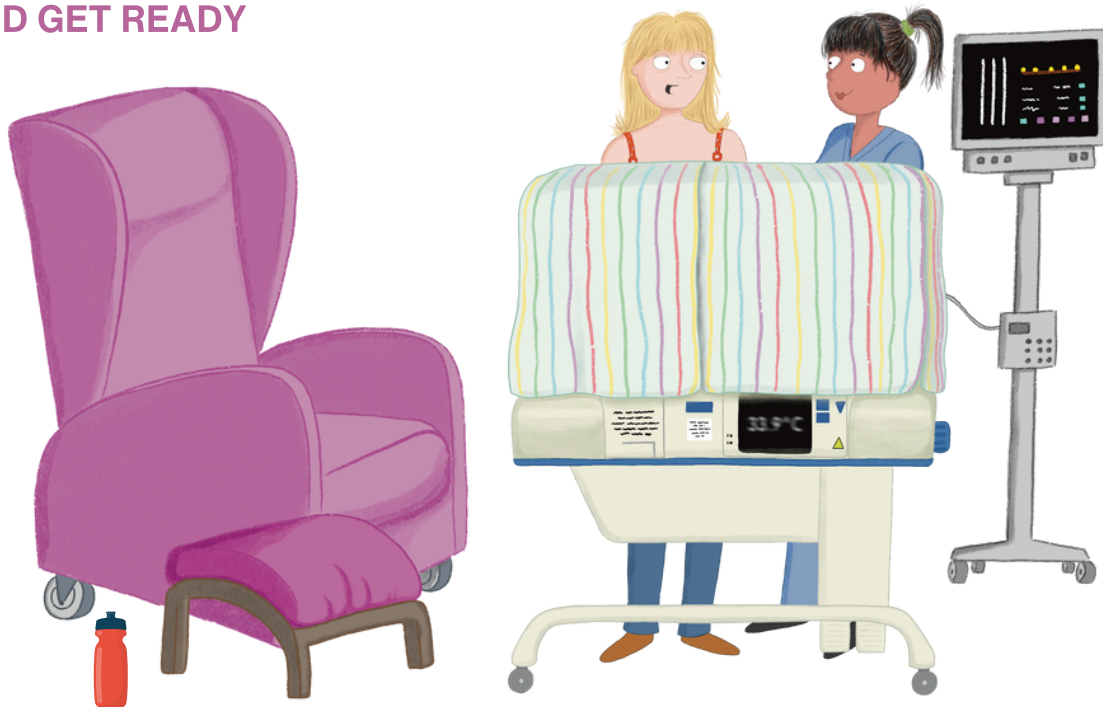
Helps your baby to sleep which is very important for their brain development

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
- Move a reclining chair or chair & footstool beside the incubator
- Bring a blanket or soft sheet to cover you and your baby
- 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
- Ask for a screen 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 YOUR BABY TO BE LIFTED BY THE NURSE

- 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
- You may want to wrap your baby in a blanket so they feel secure and to help keep them warm



3 RELAX IN THE CHAIR

- Settle yourself in the chair & recline it or rest your feet on a footstool
- The nurse will open the incubator, and slowly turn and lift your baby to rest against their chest
- They will now slowly carry your baby and will place them on your chest. A second nurse may need to help to ensure the tubes and lines are positioned safely
- Unwrap your baby so their body is lying on your bare skin and cover both of you with a sheet or blanket to keep warm

4 ENJOY SKIN TO SKIN CUDDLES TOGETHER

- Your baby's head should be upright against your chest with their chin slightly lifted so they can breathe easily, and the top of their head close enough to easily kiss
- Nursing staff will continue to regularly monitor your baby during your skin to skin cuddles



- You may wish to spend some time quietly talking or singing to your baby
- You can use your phone or a mirror to look at your baby's face
- Remember skin to skin cuddles can be enjoyed by dads, partners and other close family members too, including siblings

