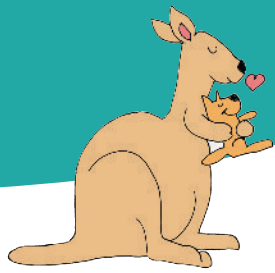


# KANGAROO-A-THON

15 - 29th May 2021



## Rocket Scientist...



## ...Under Construction!

### Kangaroo Care...

- Positively influences the development of premature brain networks
- Accelerates brain maturation in preterm infants
- Increases brain complexity by term
- Infants that receive Kangaroo Care had higher mental and motor development scores than non Kangaroo Care babies

 @miraclebabies

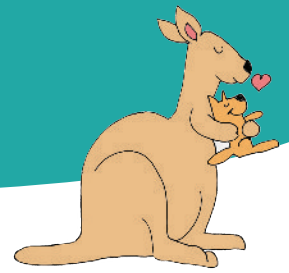
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# KANGAROO-A-THON

15 - 29th May 2021



## Tucked in and...



## ...Raring to grow!

### Time spent kangarooing your infant will help

- Increase weight gain in infants
- Enhance deeper, more restful sleep
- Normalise growth in preterm infants
- Increase infant head circumference

 @miraclebabies

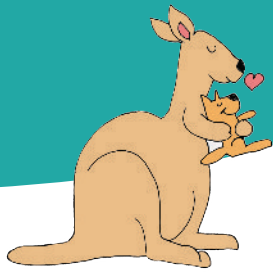
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# KANGAROO-A-THON

15 - 29th May 2021



## Your touch is magic!



**Containment Holding or Hand Hugging is a great alternative when kangaroo care is not possible.**

- Creates a safe boundary that helps calm your baby
- It promotes brain development by providing gentle flexion of arms and legs, and helps to bring arms/legs to the centre of the body
- Helps you and your baby get to know each other through gentle touch, the scent of your skin and the sound of your voice

 @miraclebabies

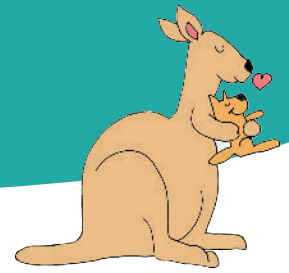
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# KANGAROO-A-THON

15 - 29th May 2021



## Hold me now...



**Parents holding their babies skin to skin experience:**

- Decreased levels of stress
- Increased attachment to their infant
- Increased confidence in their ability to care for their baby

 @miraclebabies

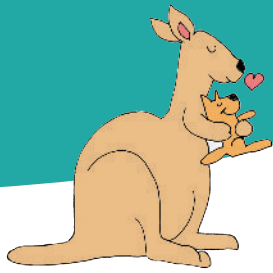
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# KANGAROO-A-THON

15 - 29th May 2021



## Hot Mumma!



### When mothers perform Kangaroo Care...

Their own body temperature changes to keep infants at the right temperature

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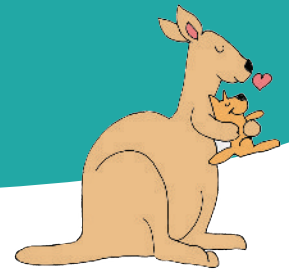
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# KANGAROO-A-THON

15 - 29th May 2021



## Hush little baby...



### Holding your baby Skin to Skin

- Improves the quantity of quiet sleep
- Improves sleep cycles
- Decreases arousals from sleep

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