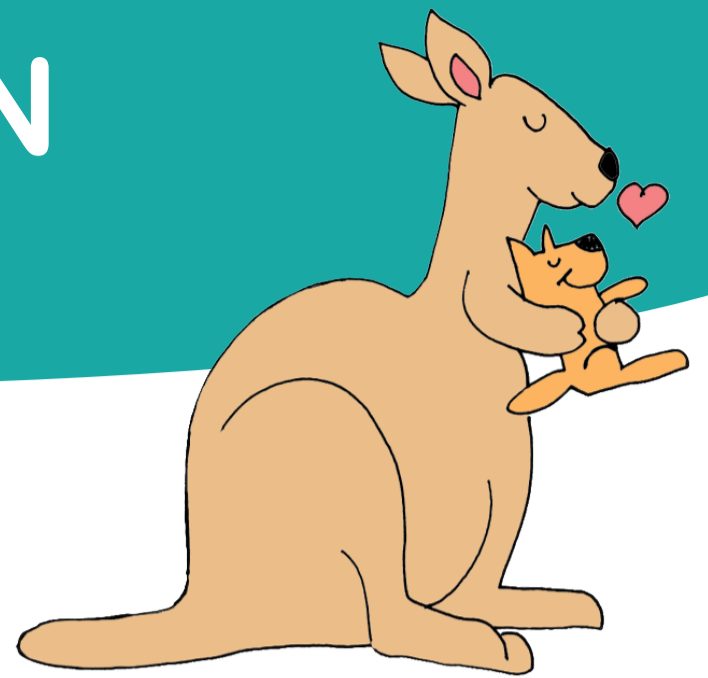


KANGAROO-A-THON

15-29th May 2021



Dear Parents,

Kangaroo Care or skin to skin is known to be extremely important in the growth and development of babies particularly, preterm babies. Did you know that while it is good for babies, it is also crucial for the health and well-being of the parents?

In celebration of Kangaroo Care Awareness Day on May 15th please join us for Australia's annual Kangaroo-a-thon!

How to participate

Talk to staff and plan a good time and comfortable place for you to try Kangaroo Care. We encourage you at any time to hold your baby skin to skin as long and as often as you are able but especially during these 2 focus weeks. If your baby's condition prevents him or her from coming to you, you can hold your baby in modified Kangaroo Care such as containment holding or hand hugging. The staff will be happy to assist you in which ever method is best for your baby.

Log your hours

Each time you take your baby out for Kangaroo Cuddles or hold using modified kangarooing between 15-29th May mark it down using the "Count your kangaroo cuddles" form. At the end of the month your kangaroo hours will be tallied with all those from the unit for one final tally!

Share

Join us on Facebook, Instagram or Twitter @MiracleBabiesFoundation and share your photographs. We'd love to hear your thoughts on how kangarooing with your baby makes you feel.

[#kangarooathon](#) [#kangarocare](#) [#kangarocuddle](#) [#nicu](#) [#specialcare](#) [#miraclebaby](#) [#premmie](#)

Happy Holding!

The winning hospital will also receive a Kangaroo Care Chair,
generously funded by

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