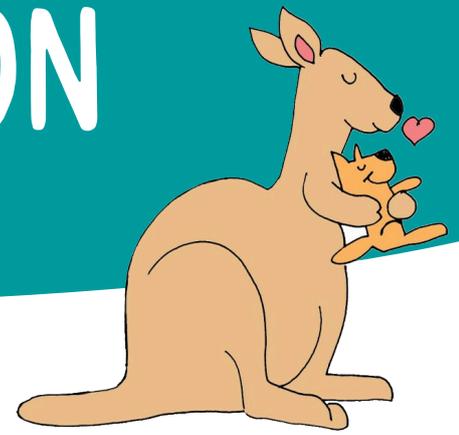


KANGAROO-A-THON

15 - 29 May 2026



Dear Parents/Carers,

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 11th annual Kangaroo-a-thon!

How to participate

Talk to staff and plan a good time and comfortable place for you to do Kangaroo Care. We encourage you at any time to hold your baby skin to skin as long and as often as you are able and record your hours during these 2 focus weeks. If your baby's condition limits cuddling, staff can assist you in finding the best method tailored to your baby's needs.

Log your hours

Ask staff for a tally form and fill in the number of hours you spent cuddling your precious baby. These get sent in to us once the two week competition has finished and will go toward your hospital's total to be in the running to win a brand new Kangaroo Chair.

Share

Post your photos on Facebook or Instagram and tag @miraclebabiesfoundation

Be sure to use these hashtags:

#kangarooathon #kangarooocare #kangarooocuddle #nicu #specialcare #miraclebaby #premmie

We'd love to hear your thoughts on how kangarooing with your baby makes you feel.



Happy Holding!

Two winning hospitals will receive a Kangaroo Care Chair, generously funded by

