

Kangaroo Care and Skin-to-Skin Contact

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Training goal:

Attendees will learn the importance of skin-to-skin and how to identify safe skin-to-skin care and positioning.

Content:

- Define various terms used and define each one to clarify skin-to-skin care.
- Stress importance of safe skin-to-skin positioning for each couplet.
- Define Sudden Unexpected Postnatal Collapse (SUPC) and present the 5 criteria for SUPC along with the Risk Factors for SUPC.

Implementation:

- Present varying birth scenarios and early postpartum scenarios where skin-to-skin would be the recommended intervention.
- Allow students to demonstrate safe skin-to-skin to the group using baby dolls and blankets.
- Critique pictures of babies in skin-to-skin care with moms and dads.

Resources:

- Use The Hospital Experience ([English/ Spanish](#))handout from WIC to show correct skin-to-skin and to also make some visuals.
- Use principles from The Magical Hour: Holding Your Baby Skin to Skin in the First Hour After Birth - DVD from [Health Education Associates, INC.](#)
- [Growing Your Baby's Brain](#) - DVD by Dr. Nils Bergman to discuss the difference between Tolerable and Toxic Stress.
- Dr. Susan Ludington, United States Institute for [Kangaroo Care](#)

Supplies:

- Baby dolls, blankets and a cot for hospital bed simulations