

Kangaroo/skin-to-skin care

Strengthening effects

Well-being is increased. Strengthening of the parent-child bond. Stress reduction for child and parents. Increased breastfeeding rate and duration. More restful and longer sleep phases for the newborn. Weight gain and growth improves. Pain is reduced and physical work (heart, lungs, brain) is improved. Developmental.

Implementation

The newborn is positioned (dressed only in diaper and cap) on the undressed upper body of a parent. All monitoring and therapies continue unchanged. Twins may be with one parent together.



Recommendations

Bring enough time and quiet. Reduce the number of visitors to the minimum. Switch off cell phone and put it away. Be careful not to bring in extraneous odors (refrain from fragrances, perfume, smoking).