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nicu family support[®]

Touching or holding a baby skin-to-skin (“kangaroo care”) in the NICU is one of the most comforting things many parents can do for their child, and no equipment can substitute for it.

It’s good for a baby’s health because it often can:

- Keep a baby warm
- Stabilize a baby’s heart rate
- Help a baby gain weight
- Reduce discomfort a baby may feel



“I will never forget the first time my newborn was placed on my chest. She curled right up into me, and in that moment, I finally felt like a mother. Nothing else existed but my daughter and me.”


— Denise R.



For information on pregnancy and newborn care, visit marchofdimes.com

Kangaroo care is good for moms and dads, too, because:

- It can help them bond with their baby
- Holding her baby may increase a mom's milk supply and helps her and her baby prepare for breastfeeding
- It can reduce stress and lift spirits
- As mothers and fathers practice kangaroo care, it may help them become more confident parents
- Parents are a vital part of their baby's care



"I was taught how to hand swaddle my son which allowed me to bond with him at a time when he was too little to hold."

— Eric C.



Go to shareyourstory.org to share your unique NICU experience and get support and information from others who understand.

