



# Kangaroo Care (KC) – Standing Transfer

## Neonatal Intensive Care Unit (NICU)

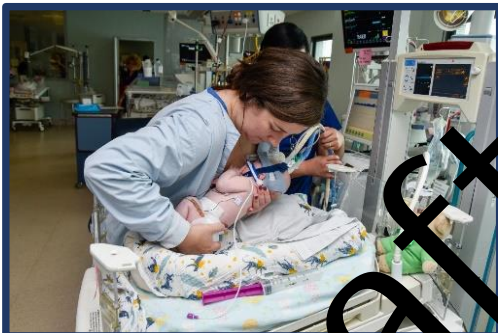
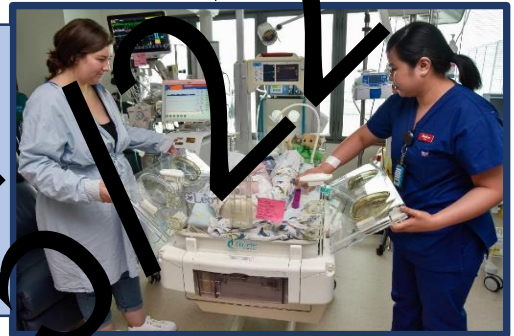


### Preparing for KC Standing Transfer

- Plan KC: Medical and nursing staff together with parents.
- Explain to parent what is involved in KC:
  - Get changed into gown for skin to skin care.
  - Bring a water bottle and have a toilet break if needed.
- Prepare baby for KC:
  - Secure all lines and monitoring leads.
  - Ensure there are no tangles and lines are long enough.

### Continue Preparing for KC Transfer

- Double check lines and leads are secure.
- Swaddling baby for transfer as this will make the baby feel safe, secure and warm.
- Provide screens for privacy.



### Transferring Baby

- Nurse leads the transfer
- Parent picks up the baby horizontally using both hands and supporting the head.
- Parent brings the baby close to their chest.

### Settling into KC

- Parent lies themselves into the recliner chair with help from 1-2 nurses, and adjust into position.
- Slowly place baby prone on parent chest.
- The baby should be positioned vertically in the middle of the chest or partial side laying.
- Un-swaddle the baby to allow skin to skin.
- Wrap warm blanket over baby and parent, baby may need woolly hat.



### Monitoring during KC

- Nurse stays close by.
- Regular observation should be carried out, including temperature checks.
- Time period for KC: as long as baby's temperature and observations are stable, then at least 1 hour and preferably longer.