

How to hold your baby during kangaroo care

Skin-to-skin contact provides many benefits to you and your baby, including bonding, improving your baby's health, supporting early breastfeeding and pain relief.

- 1 Remove your baby's clothes. You can leave their nappy on.
- 2 Remove your shirt, and anything in the way.
- 3 Hold your baby upright with their head to one side.
- 4 Place your baby between your breasts.
- 5 One hand should support your baby's head.
- 6 The other hand should support their bottom.
- 7 Wrap your clothes or a blanket around your baby in a kangaroo-like pouch.
- 8 You can use a mirror to see your baby's face.

