

Kangaroo Care (KC) – Sitting 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 doing KC:
 - Get changed into gown for skin to skin cuddle.
 - 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.
- Provide screens for privacy.
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Transferring Baby

- Parent sits comfortably in recliner chair.
- Nurse opens incubator and gets baby ready for transfer.
- 2 or 3 nurses may be required to safely transfer baby to parent.
- Swaddle baby for transfer as it helps make the baby feel safe, secure and warm.



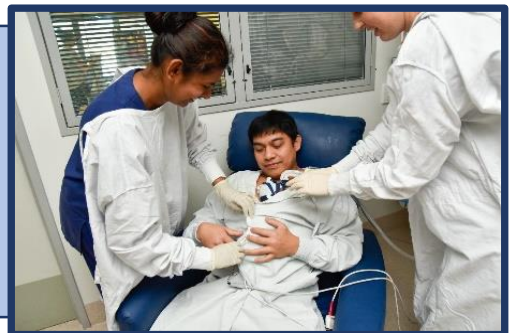
Positioning Baby

- Nurse places baby prone onto parent's chest.
- Position vertically on the middle of the chest or partial side laying.
- Un-swaddle the baby to allow skin to skin contact.
- Wrap warm blanket over baby and parent.



Settling into Position for KC

- Nurses support parent to adjust into comfortable position.
- Wrap warm blanket over baby and parent.
- If baby doesn't have a CPAP hat on, place a woolly hat on baby.
- Ensure no direct light or drafts are affecting the baby.



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, at least 1 hour and preferably longer.



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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 lowers themselves into the recliner chair with help from 1-2 nurses, and adjusts 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.