

PARENT STANDING TRANSFER FOR SKIN TO SKIN

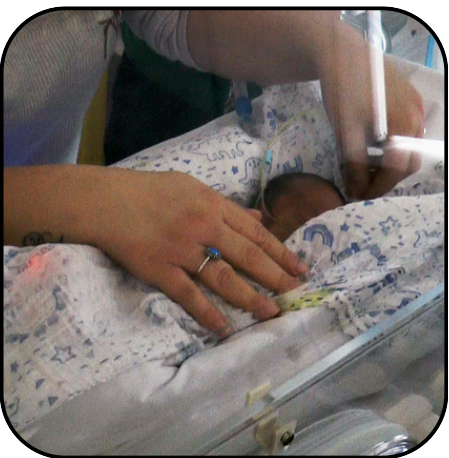


Prepare : Make sure you've gone to the toilet before starting, have a drink of water near and anything else you may need. Maybe hold a small mirror to see your baby's face



Say hello to your baby

Place a still hand on your baby, so that they know something is about to happen. Adjust the incubator so that it's at a comfortable height to pick up your baby.



Gently bring baby's arms in to their middle, with hands near their face. Lightly wrap them with their muslin.



Keeping one hand on your baby, reach across and slide the incubator tray towards you.

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Slide your hand under your baby's back
Slide your other hand under your
baby's head, so that you're fully
supporting their weight.

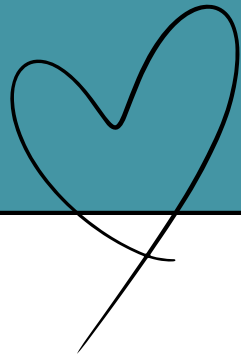


Bow down, close to your baby
so that you're bringing your chest close
to them.



Holding your baby close to your chest
Stand up slowly, so you're upright with your
baby on your chest.

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Let your nurse or therapist hold breathing tube
or lines
Gently sit down in chair.



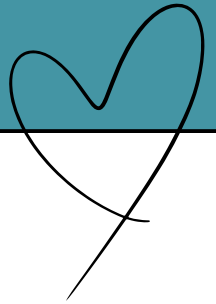
Give your baby a moment to settle.
When your baby is ready gently slide out
the muslin, so your baby is lying on your
bare skin.



Cover your baby with a blanket making sure
that their head is turned to the side. Once
your baby is settled, lean your chair back
slowly.

(Please note that the parent in the photo is
dressed to protect their dignity for the
pictures and filming).

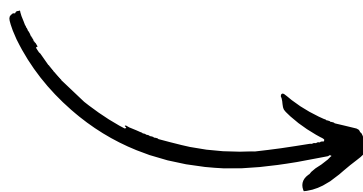
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General tips:

- Plan ahead for when you're going to do skin to skin.
- Go to the toilet first, have a drink nearby and anything else you may need.
- Watch your baby's cues.
- If you see signs of stress, pause and give your baby a moment to adjust to what's happening.
- Keep your movements slow and steady.
- Talk softly to your baby, tell them what you're doing.
- You may like to use a hand mirror to see your baby's face

Use QR code to watch demonstration video



SKIN TO SKIN



Skin to skin or kangaroo care, is when the baby(wearing only a nappy) is placed on the parent's bare chest.

It has many benefits for the baby and the parent including brain and body growth, stable breathing, heart rate and temperature, promotion of deep sleep, parent and baby bonding. It is also supports milk production and parental emotional wellbeing.

Skin to skin should be offered daily, and planned with the parent and neonatal team to ensure there is a good amount of time available for parents, and that nursing staff are able to provide assistance and monitoring.

Any medical or other issues preventing skin to skin , should be discussed with the baby's medical team.

SKIN TO SKIN



Things to consider before skin to skin:

- Wear an open shirt or wrap top and preferably no or front fastening bra , so that your baby is exposed to as much of your skin as possible.
- Reclining chair to support your baby's head position on your chest
- Incubator height should be adjusted to the parent's hip height if possible.
- Speak softly to your baby as you move them.
- For twins/multiples, ensure chair has arm rests for additional support.
- Ensure the lighting and sound around the baby is low.
- Perform any necessary procedures before you start skin to skin so you are not interrupted.
- To maximise the benefits of skin to skin your baby should be dressed only in a nappy.
- Babies nursed in incubators or weighing less than 2kg should wear a hat for kangaroo care.

Note for Ventilated Babies:

Two-three nursing staff should be supporting the transfer to stabilise your baby's breathing tube, manage lines, and support you.

- Ensure your baby's head is turned towards ventilator before the transfer if possible.

