

---

## TABLE OF CONTENTS

### GLOSSARY

### ABBREVIATIONS

<b>1. Introduction</b>	1
1.1 The problem – improving care and outcome for low-birth-weight babies	1
1.2 Kangaroo mother care – what it is and why it matters	2
1.3 What is this document about?	3
1.4 Who is this document for?	3
1.5 How should this document be used?	3
<b>2. Evidence</b>	5
2.1 Mortality and morbidity	6
2.2 Breastfeeding and growth	7
2.3 Thermal control and metabolism	8
2.4 Other effects	8
2.5 Research needs	9
<b>3. Requirements</b>	11
3.1 Setting	11
3.2 Policy	12
3.3 Staffing	12
3.4 Mother	13
3.5 Facilities, equipment and supplies	13
3.6 Feeding babies	16
3.7 Discharge and home care	17
<b>4. Practice guide</b>	19
4.1 When to start KMC	19
4.2 Initiating KMC	21
4.3 Kangaroo position	21
4.4 Caring for the baby in kangaroo position	23
4.5 Length and duration of KMC	24
4.6 Monitoring baby's condition	25
4.7 Feeding	28
4.8 Monitoring growth	35
4.9 Inadequate weight gain	37
4.10 Preventive treatment	38
4.11 Stimulation	38
4.12 Discharge	38
4.13 KMC at home and routine follow-up	40
<b>REFERENCES</b>	41

<b>ANNEXES</b>	45
I Records and indicators	45
II Birth weight and gestational age	47
III Constraints	48



### TABLES

1. The effect of KMC on breastfeeding	8
2. Amount of milk (or fluid) needed per day by birth weight and age	34
3. Approximate amount of breast milk needed per feed by birth weight and age	34
4. Mean birth weights with 10 <sup>th</sup> and 90 <sup>th</sup> percentiles by gestational age	47
5. Implementing KMC	48

### ILLUSTRATIONS

1 Holding the baby close to the chest	14
2 Carrying pouches for KMC babies	15
3 Dressing the baby for KMC	15
4a Positioning the baby for KMC	21
4b Baby in KMC position	22
4c Moving the baby in and out of the binder	22
5 Sleeping and resting during KMC	24
6 Father's turn for KMC	25
7 Breastfeeding in KMC	30
8 Tube-feeding in KMC	35

### ABBREVIATIONS

LBW	Low birth weight
KMC	Kangaroo mother care
RCT	Randomized controlled trial
RDS	Respiratory distress syndrome