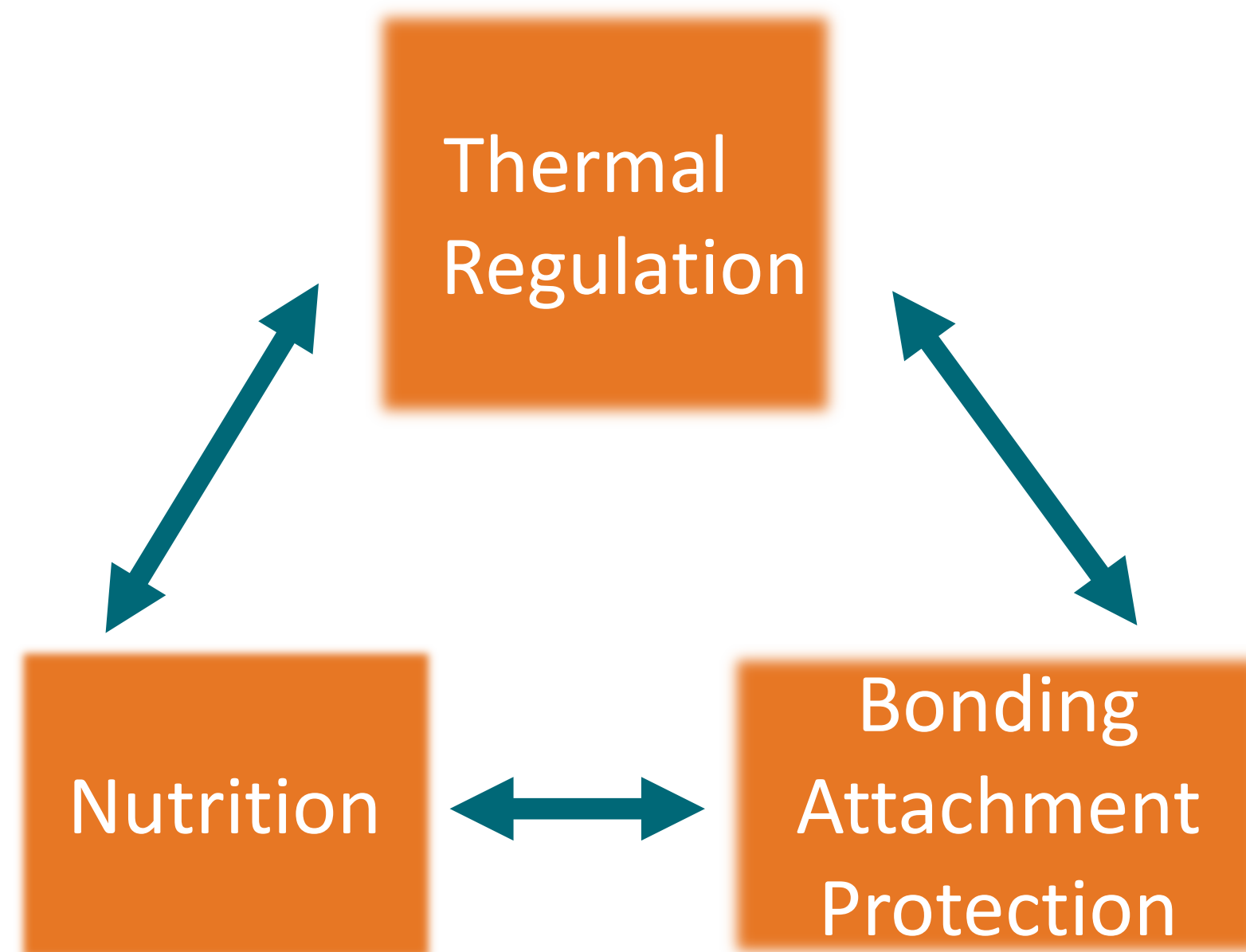


Conceptual Model



When

- Immediately Following Birth
 - Vaginal or Cesarean
- Stable
 - Term or Preterm
- Feeding
 - Breast or Formula
- On-going for Tummy Time
 - Skin-to-skin or Dressed



Positioning



How

- Skin to skin
- Chest to chest
- Upright
- Flexed like a frog
- Head to the side
- Blanket covering back
- Mom/Dad reclined 30-80°

Benefits

- Stabilizes all newborn vital signs
- Stabilizes newborn blood glucose
- Promotes newborn feeding behaviors
- Decreases pain perception
- Increases socialization/bonding
- Promotes milk production
- Improves postpartum recovery
- Improves satisfaction of care
- Increases breastfeeding rates
- Decreases crying & improves sleep
- Improves growth & development
- Improves maternal confidence
- Reduces risk of Infection

References

Coulter & Lima. (2014). Tummy Time Tools. Children's Health Care of Atlanta. <https://www.choa.org/~media/files/Childrens/about-us/newsroom/english/tummy-time-tools-english.pdf>

Henderson. (2011). Understanding the breast crawl: Implications for nursing practice. *Nursing for Women's Health*, 296-307.

Ludington-Hoe, Morgan, Morrison, & Anderson. (2018). Kangaroo Care Certification Learner's Manual 11th ed. www.kangaroocareusa.org

UChicago Medicine (Photo). (ND). Skin-to-Skin Bonding & Kangaroo Care. <https://www.uchicagomedicine.org/conditions-services/pregnancy-childbirth/postpartum-recovery-bonding/skin-to-skin-kangaroo-care>

WHO. (2003). Kangaroo Mother Care: A Practical Guide. Http: <https://www.who.int/publications/i/item/9241590351>.