

Q&A: Why is kangaroo care so important?

Jeanette Whitney, MD, Neonatologist

Kangaroo care is where we encourage family members, not just the mother, but the father or the other family members to place the baby with skin-to-skin, meaning on the chest with the mom or the dad, and the baby is skin to skin. And that just helps the mom's milk production, for the mother, it helps the bonding with the father and it also helps the babies developmentally. They do better as far as heart rate and respiratory rate, and just calming, and things like that in neurodevelopment.