

Step by Step: Standing Transfer for Kangaroo Care for Baby in the NICU

To do a standing transfer for kangaroo care in the NICU:

1. Have your shirt open or off, remove any undergarments so that your skin is completely bare.
2. Place the baby on a folded, warm blanket.
3. Lean over as close as possible to your baby.

Slip both hands under the blanket to hold the baby securely.

And then lift up the baby and bring them up to your chest.

4. A nurse from your baby's care team will help you by keeping the tubes and wires from twisting.
5. You'll be guided to a chair. And when you feel the backs of your legs touching the chair, someone from the care team will help you lower down into the chair.

Sit with your baby on your chest, skin to skin.

6. When you're ready, a nurse will help you return your baby to the crib or isolette.