



BENEFITS OF KMC



Baby

- ↓ Risk of dying
- ↓ Infection
- ↓ Risk of cold
- ↓ Time in Hospital
- ↓ Pain & Stress
- ↑ Weight
- ↑ Breastfeeding
- ↑ Sleep

Kangaroo
Mother
Care



Mum

- ↓ Depression
- ↑ Bonding
- ↑ Self Confidence
- ↑ Parenting skills
- ↑ Breast milk

↓ = Decreased

↑ = Increased