



Kangaroo Care-giving, Inc

Dr. Barbara Morrison, PhD, RN, FNP, CNM
Owner

Kangaroo Care (KC): The holding of newborn infants skin-to-skin, chest-to-chest by mothers or other caregivers (fathers, grandparents, significant others) starting immediately after delivery and continuing as long and as frequently as the care providers desire.

Evidence-Based Care: Supported by 40 years of research evidence, Kangaroo Care is as safe as if not safer than current post-birth and postpartum care practices for all, full-term or pre-term, neonates. Strong evidence is available for the following benefits of KC

Neonates

- ♥ Cardio-respiratory stability
- ♥ Thermoregulation & earlier peripheral warming
- ♥ Improved state organization (sleep → crying)
- ♥ Less crying and fretting
- ♥ Metabolic balance with weight maintenance
- ♥ Minimized pain with procedures
- ♥ Social brain development
- ♥ Ahead in linguistic, motor & social development at 1 year
- ♥ Enhanced self-regulation at 1 year

Mothers

- ♥ More attachment behaviors
- ♥ Increased attention & communication with infant
- ♥ Enhanced maternal-infant sensitivity
- ♥ Greater dyadic mutuality & reciprocity
- ♥ Increased breastfeeding exclusivity
- ♥ Increased breastfeeding duration
- ♥ Calm and relaxation
- ♥ Gastrointestinal adaptation to meet energy demands of breastfeeding
- ♥ Increased confidence

Kangaroo Care as Routine Post-Delivery & Postpartum Care: Implementing KC as routine care for all newborns during hospitalization means moving from a separation to non-separation paradigm of care as well as a significant cultural change for birthing and postpartum units. Guidance through practice change implementation

Kangaroo Care → Baby Friendly Hospital & Magnet Status: Kangaroo Care starting immediately after birth and continuing through out hospitalization is a **nursing** care practice. Implementing KC not only is the best care we can provide to newborns and their families, but can also facilitate accomplishment of institutional goals such as achieving Baby Friendly Hospital and/or Magnet Hospital certification. As an interdisciplinary committee led by nurses, the staff nurses are participating in self-governance, making decisions about and implementing the best care practices for new families. During the process of implementing KC the interdisciplinary committee can lead the maternity division through many of the Baby Friendly steps:

- a) Have a written breastfeeding & KC policy that are routinely communicated to all health care staff
- b) Train all health care staff in skills necessary to implement the policies
- c) Help mothers implement KC and breastfeeding within 30 minutes of birth
- d) Show mothers how to provide KC and how to breastfeed and maintain lactation
- e) Give newborn infants no food or drink other than breastmilk, unless *medically* indicated
- f) Practice rooming-in to allow mothers & infants to remain together 24 hrs/day
- g) Encourage breastfeeding on demand
- h) Give no artificial teat or pacifiers to breastfed infants

Changing a unit’s culture and care paradigm to embrace Kangaroo Care and non-separation of newborns/neonates and their mothers/care providers is a major challenge and undertaking. Dr. Barb Morrison and the staff of Kangaroo Care-giving, Inc. are ready to support your institution and maternity staff (prenatal, perinatal and postpartum care providers, doulas, home visitors, peer counselors, child birth educators, nurses, social workers, physicians).

<p>EDUCATION OFFERINGS* (Workshops designed to meet institutional needs)</p> <ul style="list-style-type: none"> ☀ Kangaroo Care Training – rationale & implementation ☀ Kangaroo Care: State of the science ☀ Breastfeeding: State of the science ☀ National and International Breastfeeding and Care Recommendations ☀ Implementing Evidence-Based Practice 		
<ul style="list-style-type: none"> ☀ Breastfeeding: Baby Led Hands Off Technique or the Mother-Baby Self-Attachment Dance ☀ Creating a Kangaroo Care- & Breastfeeding-Friendly Hospital Environment ☀ Using the “Language of the Newborn” to improve parental confidence & competence ☀ Re-Conceptualizing Postpartum Care: <ul style="list-style-type: none"> ■ Breastfeeding, Kangaroo Care, Interruptions and Family-Centered Care ■ Nurses as the Scaffolding: Attacher and Breastfeeding Supporter ☀ Hands-on Instruction and Practice <ul style="list-style-type: none"> ■ Kangaroo Care ■ Baby-Led Hands Off Technique of Breastfeeding Support <p>*Educational offerings can count as part of the Baby-Friendly education hours for both nurses and physicians.</p>		
<p>CONSULTING</p>		
	<ul style="list-style-type: none"> ☀ Small group consultations with staff ☀ Consultant and guide for Interdisciplinary Implementation Committee <ul style="list-style-type: none"> ■ Periodic Adobe connect or phone consults during implementation committee meetings ☀ Implementation of KC-Quality Improvement or Translational Research Project ☀ Analysis of Current Care, Planning for Practice Changes ☀ Reporting results, assisting with poster presentations and manuscripts 	
<p style="text-align: center;">BIOGRAPHY</p>		
<p>Dr. Barb Morrison is a nurse midwife, family nurse practitioner, and assistant professor of nursing at Case Western Reserve University in Cleveland Ohio. She has been working with and for parents and their newborns for over 30 years, assisting with their births and early parenting. Her research interests’ focus on breastfeeding, kangaroo (skin-to-skin) care for full-term infants, and developing a hospital environment that promotes, protects and supports breastfeeding. Dr. Morrison has a special interest in the neuroendocrine and neurobiological effects of kangaroo care that lead to strong social attachments and exclusive breastfeeding.</p>		
<p>Dr. Morrison has been a frequent speaker at local, regional, national and international conferences and meetings. She has spoken on such topics as midwives provision of prenatal care, interruptions to the breastfeeding dyad on the first postpartum day, kangaroo care for full-term infants, family centered maternity care, language of the newborn, and nursing theory. Currently, Dr. Morrison is providing workshops on the evidence for and implementation of kangaroo care and baby led breastfeeding with fullterm infants.</p>		
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