

Pointers For Parents

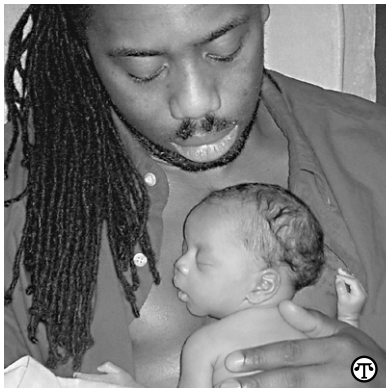
Kangaroo Care—The Latest Fashion For Fathers *New Dads Discover The Benefits Of “Wearing” Their Babies*

(NAPSA)—The benefits of mothers holding their babies close have always been common knowledge—but dads can make a difference, too. A South American-born concept called Kangaroo Care, or skin-to-skin contact, is catching on across the United States. This bonding practice has new fathers “wearing” their babies—holding their diaper-clad newborns on their chests.

Researchers at Case Western Reserve University in Cleveland are studying the dramatic benefits of Kangaroo Care, specifically on premature infants. Kangaroo Care has been shown to provide a number of physical and emotional benefits to both parents and babies.

The way it works is simple. Wearing only a diaper, the baby is placed directly on the father’s bare chest. A small blanket drapes across the baby’s back, creating the same effect as the pouch of a kangaroo.

“We need technology to keep babies alive, but to give babies the will to stay alive comes from their mothers and fathers,” said Susan M. Ludington, Ph.D., professor of pediatric nursing, Case Western Reserve University and advisor to Johnson & Johnson Pediatric Institute, L.L.C. on Kangaroo Care. “Our studies show that Kangaroo Care is a positive way for fathers and babies to get to know each other. Babies love being on their dads’ chest. Once you put them there you will see that the baby is content, letting you know that you are doing the



Skin-to-skin contact between babies and their fathers, known as “kangarooing,” has benefits for both.

best for your baby.”

Ongoing research at Case Western and other hospitals shows:

Benefits to the baby:

- Develops closer parent-infant bonding;
- Improves ability to keep warm;
- Promotes more rapid weight gain; and

- Increases oxygen level.

Benefits to the father:

- Raises confidence in ability to care for baby;
- Enhances sense of control; and
- Heightens ability to cope with the stress and emotions of having a high-risk infant.

To begin “kangarooing,” consult your baby’s physician or nurse. For more information on Kangaroo Care or skin-to-skin, visit www.jjpi.com.