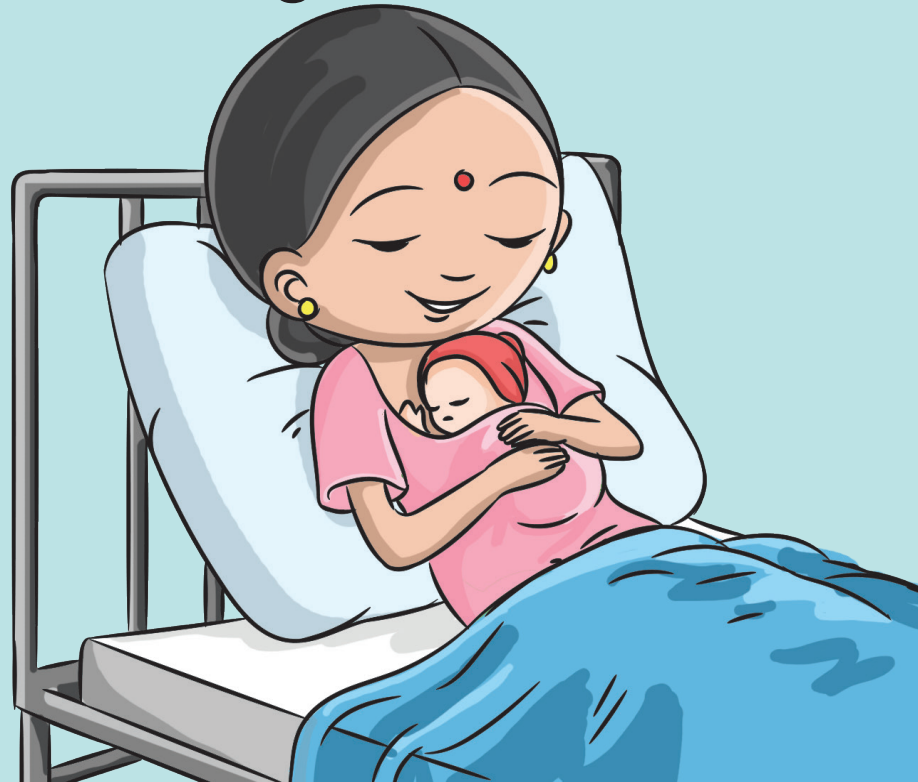


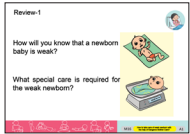
How to take care of weak newborn with the help of Kangaroo Mother Care



Ministry of Women & Child Development
Government of India, 2018

16





Review-1



Display the card.

Tell the participants that today we will discuss again about the care of weak newborns.



Ask the participants:

Have you identified any weak newborn during home visits in past few months? How did you identify that the newborn is weak?

Use the information given on the right side to generate a discussion and encourage the participants to ultimately reach the correct response.

Find out whether the participants are able to assess if infant was born full-term or pre term by using LMP (Last Menstrual Period).

We can assess whether or not the infant is a weak newborn by observing the following three conditions on the day of birth:

1. Whether the infant weighs 2 kilograms or less at the time of birth?
2. Whether the infant is born pre-term; which means delivery before eight and a half months of pregnancy period?
3. Whether the infant is unable to breastfeed properly?

If the answer to any one of the three questions is affirmative, then you can safely conclude that the infant is a weak newborn. For such infants to survive, special care is required. Along with frequent breastfeeding and extra measures for cleanliness, the infant needs to be kept warmer than a normal infant.



10 Minute

M16

How to take care of weak newborn with the help of Kangaroo Mother Care?

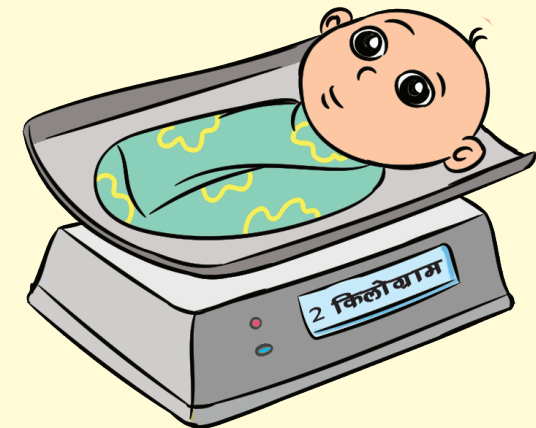
F1

Review-1



How will you know that a newborn baby is weak?

What special care is required for the weak newborn?





Questions for discussion



Display the card.

Let the participants read all the questions and then ask them one by one.

Let there be discussion on each question and give opportunity to each participant to present her views.

- Do people in your village use special measures to give additional warmth to the weak newborn? Are there any traditional ways?
- How is a weak newborn kept warm during winters?
- Have you ever supported a family in infant care by means of providing warmth through body contact?
- Do you all know that this method is also called Kangaroo Mother Care (KMC)?



10 Minute

M16

How to take care of weak newborn with the help of Kangaroo Mother Care?

F2

Questions for discussion



- Do people in your village use special measures to give additional warmth to the weak newborn?
- How is a weak newborn kept warm during winters?
- Have you ever supported a family in infant care by means of providing warmth through body contact?
- Do you all know that this method is also called Kangaroo Mother Care (KMC)?





From where did the term Kangaroo Mother Care originate?



Display the card.

Tell the participants about Kangaroo Mother Care by using information given on the right side.

- Kangaroo is an animal. All infants of Kangaroos are born pre-term. Like us, the embryo of a Kangaroo takes around 8 months to fully mature; but unlike us, the fetus of a Kangaroo comes out of the womb after just around a month. It is blind, hairless and only a few centimeters long (the size of a finger). Its organs are still at a developing stage; hence it can not survive out of mother's womb immediately after birth. Therefore, as soon as an infant is born, the mother Kangaroo puts it in the pouch attached to its stomach, where the infant keeps warm and breast-feeds comfortably. In around 6 months, the infant is able to popup its head from the mother's pouch and take a view of the world around, and in approximately 8 months, it comes out of the mother's pouch as a healthy Kangaroo baby.
- Similarly, our mothers should also take special care of their weak newborns by keeping them warm with skin-to-skin contact and gradually breastfeeding.



15 Minute

M16

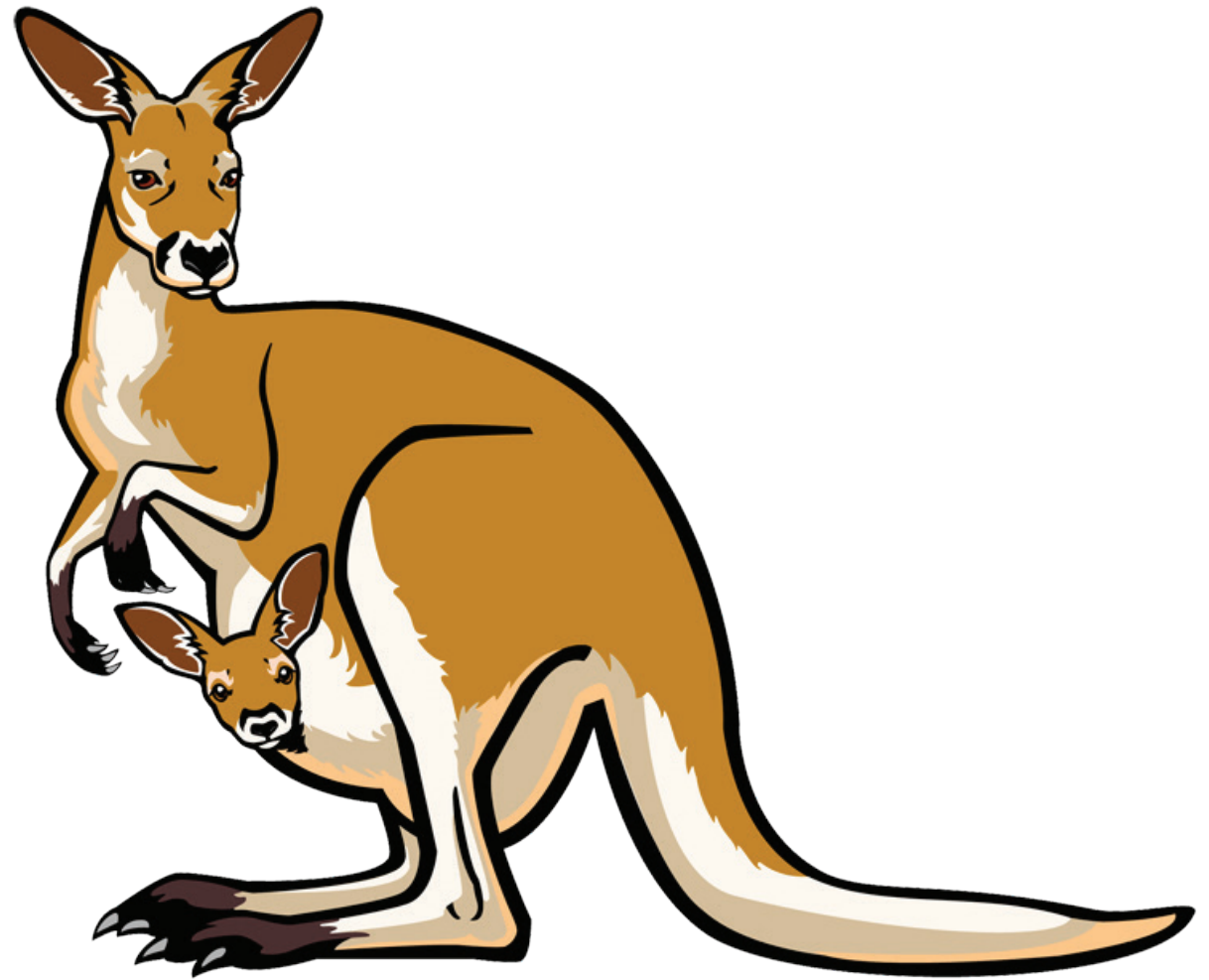
How to take care of weak newborn with the help of Kangaroo Mother Care?

F3

From where did the term Kangaroo Mother Care originate?



- Have you ever seen such an animal?
- Have you ever heard of it?
- What is its name?





Do all weak newborns require Kangaroo Mother Care?



Display the card.

Ask the participants to read all the points one by one.

Use the information given on the right side to further the discussion.

Every weak newborn can benefit from Kangaroo Mother Care. Please remember, infants with following conditions will require additional warmth.

- Infants born pre-term, which means born before 8 months of gestation.
- Infants who weigh less than 2 kilograms at birth.
- Infants who are weak in breastfeeding since birth.

But only Kangaroo Mother Care will not benefit the very weak newborns.

Very weak newborns, who are unable to breastfeed at all, should be referred to a hospital as care of such infants is not possible at home. Such children require treatment at hospital under doctor's supervision.



10 Minute

M16

How to take care of weak newborn with the help of Kangaroo Mother Care?

F4

Do all weak newborns require Kangaroo Mother Care?



Every weak newborn can benefit from Kangaroo Mother Care:

- Infants born pre-term, which means born before 8 months of gestation.
- Infants who weigh less than 2 kilograms at birth.
- Infants who are weak in breastfeeding since birth.





How to administer Kangaroo Mother Care (KMC)?



Display the card.

Explain in detail how to administer Kangaroo Mother Care by using the information given on the right side.



Discuss and draw attention of the participants to the point that everyone should be very attentive since we are learning KMC for the first time. Also discuss that if they help families in facilitating KMC, they can save many lives.



At the end of the discussion, ask everyone whether they have all understood KMC. Make sure that everyone has understood the method of administering Kangaroo Mother Care.

After discussion, call a mother along with her infant from the same village (if she is willing to come), or use a doll to repeat and demonstrate important steps of KMC.

Important steps of Kangaroo Mother Care – emphasize on the following:

- Infant should be without clothes and then kept in skin-to-skin contact with the mother.
- Put on a cap and socks on the infant.
- Infant should be safely wrapped to mother's body.
- Infant should be kept in a comfortable position so that the infant is able to breathe and breastfeed with ease.
- This technique can be adopted in all situations-lying, standing, working etc.
- Any other member of the family can also practice KMC to take care of the weak newborn. This is necessary, so that the mother gets adequate rest.
- **Monitoring:** Infants under KMC need to be monitored regularly. Mother and members of the family should keep a watch on whether the neck of the infant is kept straight and s/he is breathing comfortably.
- **Feed:** More milk is produced, and with much ease, when the infant is closer to her mother's breasts. Considering the condition of the infant, she may be fed breast milk with the help of a small spoon.
- **Excreta:** An infant wets and soils her diapers several times a day. Use clean, old clothes at home to make nappies and keep changing as and when required.
- **Adequate support to mother:** Mother can do her daily chores while administering KMC. But she cannot do everything alone. Family members should always help her out. Any member of the family can provide KMC. Along with relieving her during KMC, the mother should be assisted in other household work, so that she gets sufficient rest and is able to provide adequate care to her infant. If not, it becomes difficult to save a weak newborn.



15 Minute

M16

How to take care of weak newborn with the help of Kangaroo Mother Care?

F5

How to administer Kangaroo Mother Care (KMC)?



- Infant should be without clothes for skin-to-skin contact.
- Put on a cap and socks on the infant.
- Infant should be safely wrapped to mother's body.
- Infant should be kept in a comfortable position so that she is able to breathe and breastfeed with ease.





How does Kangaroo Mother Care benefit the infant?



Display the card.

Explain the benefits of Kangaroo Mother Care by using the reasons mentioned on the right side.

Kangaroo Mother Care is very beneficial in restoring a healthy and normal infancy to a weak newborn. KMC helps in following ways:

- **Warmth:** Body of a weak newborn rapidly loses heat, which increases the risk of her death. But Kangaroo Mother Care helps infant maintain her body temperature by being in skin-to-skin contact with the mother.
- **Protection from infections:** Infant is protected from infections from external sources while being under Kangaroo Mother Care.
- **Ease in frequent breastfeeding:** More milk is produced, and with much ease, when the infant is closer to her mother's breasts.
- **Immediate identification of any inconvenience to infant:** Infant is in constant vigil of the family members due to Kangaroo Mother Care, so any inconvenience to her is identified immediately.



10 Minute

M16

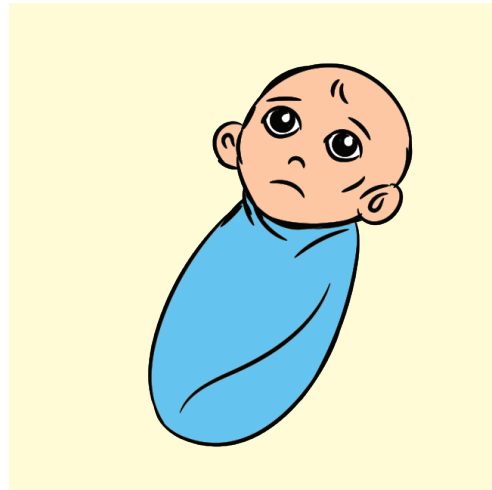
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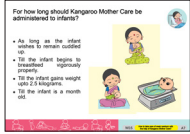
F6

How does Kangaroo Mother Care benefit the infant?



- Gives warmth to the infant.
- Protects from infections.
- Helps in frequent breastfeeding.
- Any inconvenience to the infant is identified immediately.





For how long should Kangaroo Mother Care be administered to infants?



Display the card.

Ask the participants to read the points one by one.

Use the information given on the right side to further the discussion.

Kangaroo Mother Care should be administered to the infant:

- As long as the infant wishes to remain cuddled up.
- Till the infant starts breastfeeding properly.
- Till the infant gains weight upto 2.5 kilograms.
- Till the infant is a month old.

Administer Kangaroo Mother Care as much as possible. An infant requires Kangaroo Mother Care till she begins to breastfeed vigorously, and starts gaining weight adequately.



10 Minute

M16

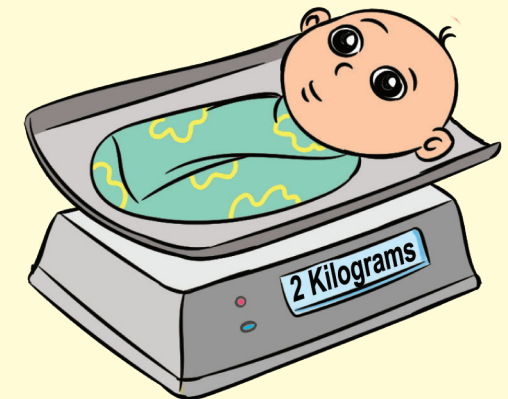
How to take care of weak newborn with the help of Kangaroo Mother Care?

F7

For how long should Kangaroo Mother Care be administered to infants?



- As long as the infant wishes to remain cuddled up.
- Till the infant begins to breastfeed vigorously properly.
- Till the infant gains weight upto 2.5 kilograms.
- Till the infant is a month old.





Please Remember



Display the card.

Ask the participants to read the points one by one and take their consent on each point.

Discuss the problems a mother may face in administering Kangaroo Mother Care. Continue the discussion to collectively find solutions to the problems.



5 Minute

M16

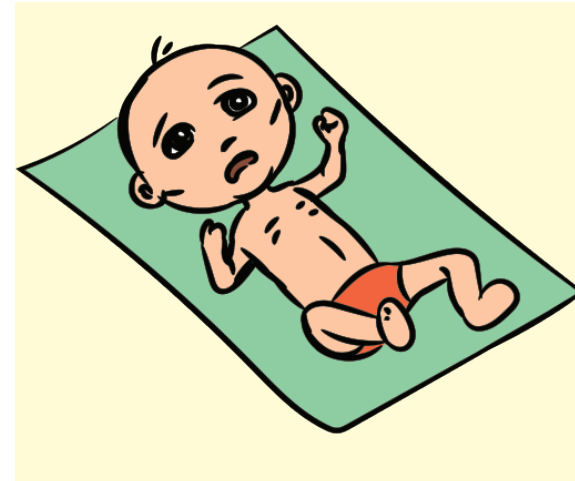
How to take care of weak newborn with the help of Kangaroo Mother Care?

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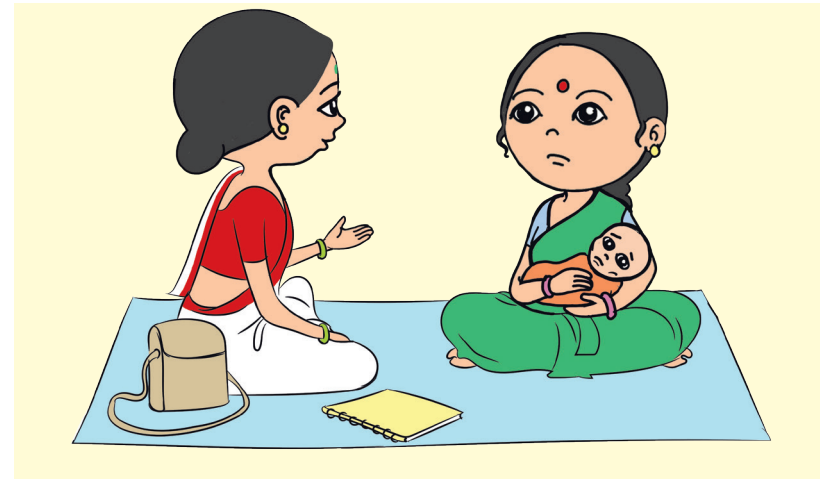
Please Remember



You will find at least one weak newborn in a village, in every 3-4 months time.



Make frequent home visits to the households of weak newborns and provide proper knowhow of Kangaroo Mother Care to the family.





Action Points



Display the card.

Ask the participants to read all points one by one.

Summarize the session by using the points given on the right side.

Ask the participants whether they are in agreement with these points.

- From now on, we will not let any weak newborn miss out in the process of identification.
- We will make frequent home visits to the houses of all weak newborns till they come out of danger.
- We will ensure Kangaroo Mother Care to all identified weak newborns.



5 Minute

M16

How to take care of weak newborn with the help of Kangaroo Mother Care?

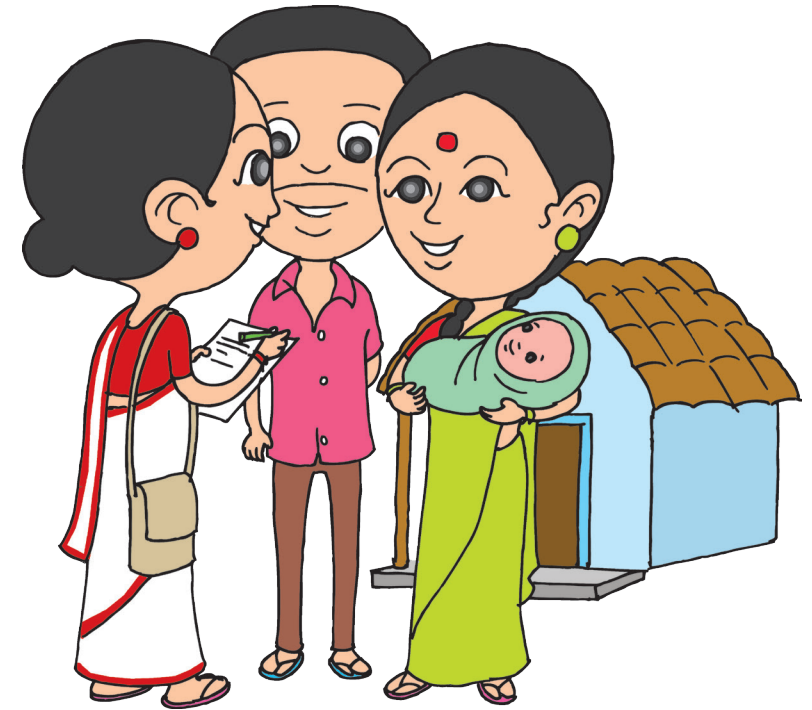
F9

Action Points



In future, what will we do to save the weak newborn:

- From now on, we will not let any weak newborn miss out in the process of identification.
- We will make frequent home visits to the houses of all weak newborns till they come out of danger.
- We will ensure Kangaroo Mother Care to all identified weak newborns.



- 1 *Why this Monthly Meeting ?*
- 2 *Making or updating Home Visit Planner & Initiating Home Visits*
- 3 *Planning and Organizing Community Based Events at AWC*
- 4 *Observing Breastfeeding in Newborn Babies - Why and How*
- 5 *Identification and Care of a Weak Newborn baby*
- 6 *Complementary Feeding: Diet Diversity*
- 7 *Preventing Anemia in Women*
- 8 *Assessment of Growth in Children*
- 9 *Ensuring that Complementary Feeding improves over time*
- 10 *Ensuring Exclusive Breastfeeding*
- 11 *Care of the Weak Newborn Baby - How many weak babies are we missing?*
- 12 *How to ensure timely initiation of Complementary Feeding*
- 13 *Identifying and preventing Severe Acute Malnutrition*
- 14 *Feeding During Illness*
- 15 *Supporting mothers with issues in Breastfeeding*
- 16 **How to take care of weak newborn with the help of Kangaroo Mother Care?**
- 17 *Identification & Referral of Sick Newborn*
- 18 *Preventing illnesses to avert Malnutrition and Death*
- 19 *Prevention of Anemia in girls and adolescents*
- 20 *Birth Preparedness- For Institutional and Home Delivery*
- 21 *Preparation During Pregnancy: For NewBorn Care & Family Planning*

