

What is your Kangaroo Care I.Q.?



Accelerates
Brain Development
It increases the development of essential neural pathways, which accelerates brain **maturation**.

Development of mature brain function in infants depends on the quality of their sleep cycling.

Kangaroo Care helps infants achieve deep or "Quiet Sleep" for 60 minutes or more.

Quiet Sleep is beneficial for accelerating brain patterning and maturation.

20 minutes
Skin-to-Skin
contact

Measurably lowers cortisol levels (stress hormone) and helps reduce pain when Kangaroo Care is experienced regularly.



Skin-to-Skin stimulates an infant's IMMUNE SYSTEM

Mom's mature immune system passes antibodies through her skin and breast milk to baby.

Just
ONE HOUR

of Skin-to-Skin restores the right balance for optimal GI function in an infant's digestive system.

75%

of sporadic breathing and slow heart rate episodes are *reduced* through Skin-to-Skin.



Thermoregulation

A process that occurs automatically when an infant is held skin-to-skin to help them maintain a healthy body temperature.



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