

# Implementing Kangaroo Care: Supporting Evidence

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### Kangaroo Care, Non-Separation and Motherhood

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## Videos

Righard, L., & Frantz, K. (1995). *Dr. Lennart Righard's Delivery Self-Attachment*. Los Angeles, CA: Geddes Production.

Dr. Righard was one of the first to describe the Breast Crawl. This six minute video shows examples of newborns doing the breast crawl after non-medicated and medicated births.

Frantz, K. (2005). *Breast Feeding Techniques that Work! First Attachment*. Los Angeles, CA: Geddes Production.

Kitty Frantz has been promoting breastfeeding and teaching care providers for decades. Her video *Breast Feeding Techniques that Work!* Kitty demonstrates measures to help establish breastfeeding including self-attachment.

Frantz, K. (2007). *Getting to Know your Baby: The Newborn Exam and Breast Feeding Techniques that Work!* and *The First Week*. Los Angeles, CA: Geddes Productions.

Kitty Frantz, PNP demonstrates a newborn exam in front of a parent. She nicely talks through what she is doing and continually comments on the normality of the neonate. This video is beneficial in reinforcing teaching nurses can do to demonstrate the capabilities of neonates. The second portion of the DVD, *The First Week*, will remind nurses of anticipatory guidance information parents need to cope with their first week at home.

Smillie, C. M. (2007). *Baby-led Breastfeeding: The Mother-Baby Dance*. Los Angeles, CA: Geddes Production.

Dr. Smillie has been using skin-to-skin baby led breastfeeding for many years to resolve breastfeeding problems in older neonates. In this video she shows and describes infants' abilities to move to the breast and latch on their own. The instinctual mother-baby dance leads to a correct latch and pain-free breastfeeding.

Widstrom, A-M et al., *Breastfeeding: Baby's Choice*. Stockholm, Sweden: self. Available at [www.healthed.cc/videos.htm](http://www.healthed.cc/videos.htm).

This short video depicting Birth Kangaroo Care with initial latch and breastfeeding is the second video coming from the researchers at Karolinska Institute in Stockholm. Developed by the researchers who have been researching the effects of Kangaroo Care on breastfeeding, attachment, digestion, and more, *Breastfeeding: Baby's Choice* shows the beauty of the first interactions among newborn, mother and father. It is a joy to watch as well as a great teaching tool.

Colson, S. (2008). *Biological Nuturing™ Laid-back Breastfeeding*. Los Angeles, CA: Geddes Productions.

This is the newest video on breastfeeding initiation. Colson during her dissertation research described how primitive neonatal reflexes can be elicited or suppressed to facilitate breastfeeding. Key to successful breastfeeding initiation is the positioning of both mother and newborn. Colson further explains the process of self-attachment and the dance between infant and mother as they work together to breastfeed.

Morrison, B. (2007). *Kangaroo Care: A Crash Course*. Cleveland, OH: self. (Available at [www.preciousimagecreations.com](http://www.preciousimagecreations.com))

The crash course is a 4 hour workshop in Kangaroo Care: current practice recommendations, state of the science, create a conducive environment, and implementing Kangaroo Care.

Morrison, B. (2007). *Kangaroo Care: An Overview*. Cleveland, OH: self. (Available at [www.preciousimagecreations.com](http://www.preciousimagecreations.com))

The overview is a 1 hour synopsis of the crash course presented to a lay audience but in detail for a professional audience.

Morrison, B. (2007). *Kangaroo Care: Nature's Best for your Baby*. Cleveland, OH: self. (Available at [www.preciousimagecreations.com](http://www.preciousimagecreations.com))

This video is a 20 minute explanation of Kangaroo Care developed for parents. Can be used in childbirth education classes, on in-hospital TV channels or on a continuous reel in a waiting room.

## Websites

[www.breastcrawl.org](http://www.breastcrawl.org). *Initiation of Breastfeeding by Breast Crawl for early breastfeeding initiation.*

This video was developed by the UNICEF office in India and was first presented by WABA for breastfeeding week in 2007. The video depicts an Indian mother providing Birth Kangaroo Care with breast crawl and first breastfeeding. The supporting documents available on the website contain a great summary of the research supporting kangaroo care.

*After Birth Kangaroo Care: What it is and why we do it.* At [utube.com](http://utube.com)

Developed as a class project by two Case Western Reserve University students, this 5 minute video is an introduction to Kangaroo Care for parents. Hearing the passion of the students and marveling at the beauty of the pictures of mothers and newborns provides a convincing argument for kangaroo care being the natural way to nurture newborn babies immediately after birth.

[www.kangaroomothercare.org](http://www.kangaroomothercare.org). This site was developed by Dr. Nils Bergman, a pioneer of kangaroo care in southern Africa especially for preterm infants. Contains information on the efficacy of kangaroo mother care and personal experiences with this care modality. Also available are his videos on kangaroo care.

[www.kangaroomothercare.com](http://www.kangaroomothercare.com). Official site of the Columbian Foundation doing research on kangaroo care with small newborns in under developed countries.

[www.HealthyChildren.cc](http://www.HealthyChildren.cc). Site of the faculty of Certified Lactation Consultants offering many resources, conferences and classes.

[www.healthed.cc](http://www.healthed.cc). Bookstore of Healthy Children and Baby Friendly USA. Many resources for patients on breastfeeding and skin-to-skin care.

[www.babyfriendlyusa](http://www.babyfriendlyusa). Official site of the US baby friendly project. Provides guidelines for certification as a baby-friendly hospital.

[www.GeddesProduction.com](http://www.GeddesProduction.com). Site by Kitty Frantz. Provides much information on breastfeeding as well as sale of videos, books and other products for breastfeeding education and support.

[www.peppermint.com](http://www.peppermint.com). Site offering many baby wraps and other baby products. Demonstration videos for how to place infants in Kangaroo Care in wraps.

[www.preciousimagecreations.com](http://www.preciousimagecreations.com). Developed by Sylvia Houston owner and designer, this site displays apparel designed for doing Kangaroo Care with all size infants. Also available are resource materials on Kangaroo Care.