Join us for St. Boniface Hospital First Annual

KANGAROO-A-THON

April 13 – 27th, 2015

Kangaroo care or skin to skin is known to be extremely important in the growth and development of babies particularly, preterm babies. Did you know that while it is good for babies, it is also crucial for the health and wellbeing of the parents?

The NICU at Sunnybrook has challenged other NICUs across Canada to compete in this competition. We are very interested to see how much time we hold our babies skin to skin. Please join us in this exciting challenge!!

We would encourage you at anytime to hold your baby skin to skin as long and as often as you are able but especially during these 2 focus weeks. If your baby’s condition prevents him or her from coming to you, you can hold your baby by hand hugging. The staff will be happy to assist you in which ever method is best for your baby.

When you hold your baby, we will post a kangaroo to mark the occasion. This kangaroo should be hung at your baby’s bedside. You will have the opportunity to win a beautiful gift basket. Ask your bedside nurse to mark each time you take your baby out for a hold or hold using modified kangarooing on your kangaroo record.

 Happy Holding!