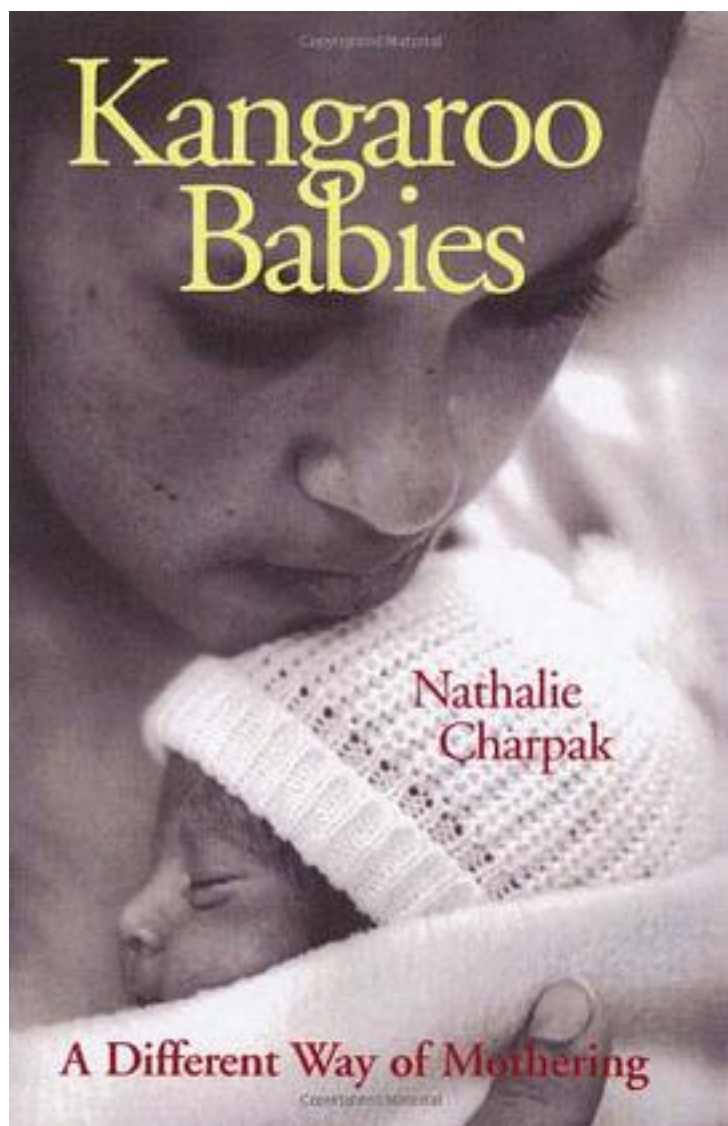


Kangaroo Babies



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Providing a history and a beautifully illustrated practical guide to kangaroo mothering, this book explains the approach that is changing the way mothers relate to newborn babies and improving the way hospitals treat premature babies and their parents. Already used in 30 countries around the world where incubators are in short supply, kangaroo mothering has been adapted in the Western world alongside incubator care to heal the sense of isolation and helplessness both parents and babies can feel in the tense initial weeks of a baby's life. Once a newborn baby's heart rate and feeding have been stabilized, the babies are positioned in close skin-to-skin physical contact with their mother, or even their father, for 24 hours a day. The book explains how to use the technique and why it helps regulate the baby's body temperature so that it can continue to grow, stimulates breastfeeding, and gives the baby a wonderful feeling of security and strengthened bonding.

作者介绍:

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