NUHS
National University Health System

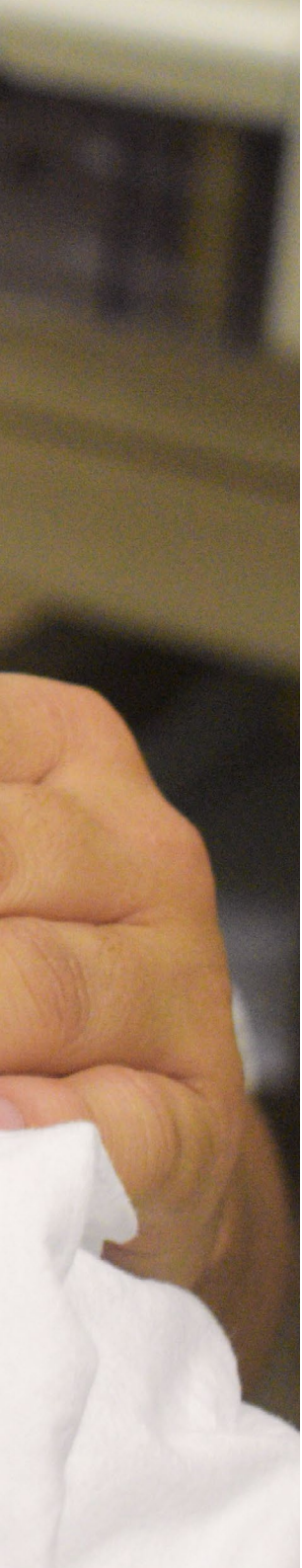
National University Centre for Women & Children



Kangaroo Care

Khoo Teck Puat – National University Children's Medical Institute





What is Kangaroo Care?

Kangaroo care is **skin-to-skin contact** between you and your baby.

Your baby (wearing only a diaper) is placed upright against your chest. This allows your baby to feel your warmth, heartbeat, and breathing.

Why is Kangaroo Care Important?

Kangaroo care provides many benefits for both you and your baby:

For the Baby ❤:

- Supports regular breathing
- Improves heart rate and oxygen levels
- Helps babies stay calm and sleep better
- Reduces stress and crying
- Keeps babies warm and supports temperature regulation
- Promotes healthy weight gain and growth
- Encourages successful breastfeeding
- Strengthens the immune system
- Supports brain development and long-term wellbeing

For Parents ❤:

- Strengthens parent-baby bonding
- Reduces stress and anxiety
- Supports breast milk production
- Promotes successful breastfeeding
- Builds confidence in caring for your baby
- Provides a comforting and effective way to soothe your baby

Before You Start

Please check with the nurse to ensure it is safe to proceed.

- Your baby's breathing and heart rate should be stable
- You are encouraged to do kangaroo care before feeding
- The nurse will assist with positioning





How to Do Kangaroo Care

- Wear loose or front-opening clothing
- Your baby will be placed on your chest by the nurse
- Ensure:
  - Baby is upright
  - Head is turned to one side
  - Neck remains neutral position, not flexed or hyperextended
- Stay relaxed and enjoy time with your baby

Always follow the nurse's guidance, especially if your baby has tubes or lines.

How Long and How Often?

- Aim for **at least 1 hour per session**
- You may continue longer if comfortable
- You can do this **once a day**

Try to plan sessions earlier in the day (before 7pm) where possible.

When to Avoid Kangaroo Care

It may not be suitable if you:

- Feel unwell
- Have fever, flu, or cold symptoms
- Have any skin infection around the chest

If unsure, please check with your care team.

Helpful Tips for Parents

- Visit the toilet before starting
- Ensure good personal hygiene (e.g. shower beforehand if needed)
- Wipe your chest if sweaty
- Stay awake during the session
- Plan your session time to minimise interruptions

Need Help?

Our NICU care team is here to support you.

- Speak to the nurse for guidance
- They will assist you if your baby has tubes or requires special care
- Alternative holding methods can be discussed if needed

About the National University Centre for Women and Children

The National University Centre for Women and Children (NUWoC) empowers women, children, and families to lead healthier lives. It brings together the Department of Obstetrics & Gynaecology (O&G) and Khoo Teck Puat – National University Children's Medical Institute (KTP-NUCMI) at National University Hospital, working alongside National University Polyclinics (NUP) to strengthen continuity of care across the community.

Supported by the National University Health System (NUHS), NUWoC delivers comprehensive medical and surgical services across the life course – from pre-conception through maternal, child, adolescent, and women's health.

Through a generous gift from the Estate of Khoo Teck Puat, KTP-NUCMI has established an integrated outpatient facility offering medical, diagnostic, and rehabilitation services for children. NUWoC is Singapore's only public specialist centre providing paediatric kidney and liver transplant programmes.

For more information about us, visit www.nuh.com.sg/NUWoC

Children's Emergency (24-hr)

Location	NUH Main Building, Zone F, Level 1

KTP-NUCMI

Location	NUH Main Building, Zone E, Level 2 (Accessible via Kent Ridge Wing, Zone C, Level 2, Lift Lobby C)
Operating Hours	8.30am – 5.30pm (Mon to Fri), 8.30am – 12.30pm (Sat)
General Enquiry	+65 6772 5736
Appointment Line	+65 6908 2222
Email	ktpnucmi_appt@nuhs.edu.sg

9a Viva-University Children's Cancer Centre

Location	NUH Medical Centre, Zone B, Level 9
Operating Hours	8am – 5.30pm (Mon to Fri)
Appointment Line	+65 6772 5030
Email	cbccappt@nuhs.edu.sg

NUH Children's Urgent Care Clinic @ Bukit Panjang

Location	Junction 10, #01-22
Operating Hours	9am – 11pm daily (including public holidays)
General Enquiry	+65 6219 1538
Email	childrenucc@nuhs.edu.sg

NUH Child Development Unit @ JMC

Location	Jurong Medical Centre, Level 2
Operating Hours	8.30am – 5.30pm (Mon to Fri)
Appointment Line	+65 6665 2530/2531
Email	cdu@nuhs.edu.sg

NUH Child Development Unit @ Keat Hong

Location	Keat Hong Community Club, #03-01
Operating Hours	8.30am – 5.30pm (Mon to Fri)
Appointment Line	+65 6769 4537/4637
Email	cdu@nuhs.edu.sg

Clinic A22 NUWoC Children's Clinic @ NTFGH

Location	Ng Teng Fong General Hospital Tower A – NTFGH Clinics, Level 2
Operating Hours	8.30am – 5.30pm (Mon to Fri)
Appointment Line	+65 6908 2222
Email	appointment@nuhs.edu.sg

Our Patient Care Institutions

National University Hospital
Ng Teng Fong General Hospital
Alexandra Hospital
Tengah General and Community Hospital (upcoming)
Jurong Community Hospital
National University Polyclinics
Jurong Medical Centre
National University Cancer Institute, Singapore
National University Heart Centre, Singapore
National University Centre for Oral Health, Singapore
NUHS Diagnostics
NUHS Pharmacy

Scan the QR code for more information on our patient care institutions.

Scan the QR code for more information on NUWoC facilities.

OneNUHS Hotline: (65) 6908 2222
OneNUHS General Enquiries: contactus@nuhs.edu.sg
OneNUHS Appointments: appointment@nuhs.edu.sg
www.nuhs.edu.sg

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

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