



Proper Positioning Checklist (Quality Control)

Kangaroo Care (KC) also known as Skin to Skin Contact (SSC)

MOM/CAREGIVER'S NAME: _____

Instructions: Staff and/or parent complete one column for each Kangaroo Care Session. Place a checkmark in each item that is practiced correctly. Explain the correct way to do it for the items that did not achieve the checkmark. Add all the checkmarks of the column. The goal is to consistently achieve 10 checkmarks/points in each session.

WHY? Knowing what is expected and keeping data on your KC Sessions help assure the safety and comfort of you and your baby.

Date:					
Start Time of KC Session					
End Time of KC Session					

1. POSITIONING PARENT: Parent is sitting or lying semi-reclined, never horizontal or on the side.	<input type="checkbox"/>				
2. CONTACT: Baby and parent's chest are bare and touching (from neck to belly button and between nipples) and The Zaky ZAK is holding the baby's position.	<input type="checkbox"/>				
3. CONTAINMENT: The Zaky ZAK is providing comfortable containment: not too tight as to compromise breathing and not too loose where the baby can slide under the ZAK.	<input type="checkbox"/>				
4. BABY'S HEIGHT: The top of the baby's head is placed a couple of inches lower than the parent's neck. The parent, when lowering the head, can kiss/touch the top of the baby's head.	<input type="checkbox"/>				
5. ANGLE: Baby is as vertical as possible between the mom's cleavage for comfort and safety.	<input type="checkbox"/>				
6. ALIGNMENT: Baby's neck and spine are midline with head turned to one side (neck should not be bent or crooked to ensure proper breathing).	<input type="checkbox"/>				
7. AIRWAY: Baby's nose / nares and mouth are visible and unobstructed, and not under The Zaky ZAK.	<input type="checkbox"/>				
8. EXTREMITIES: Baby's legs are flexed in a froglike position and toes are facing outward. Baby's arms are flexed to each side and hands are level with the baby's shoulders, not covering the mouth.	<input type="checkbox"/>				
9. TEMPERATURE: Baby is covered by The Zaky ZAK from toes to shoulders. If needed, baby has hat/socks and/or parent has a sweater/robe open in the front not covering the baby.	<input type="checkbox"/>				
10. MONITORING: Both caregiver and baby are being monitored frequently. Caregiver is never to fall asleep if alone.	<input type="checkbox"/>				
TOTAL "YES" MARKS PER SESSION/COLUMN:					



Parent's and Baby's Experience
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MOM/CAREGIVER'S NAME: _____

COMMENTS WILL HELP IMPROVE THE KANGAROO CARE PROGRAM

Instructions: Please fill out both questions in one row, each time you hold your baby in kangaroo care sessions and share it with the staff person that is helping you with kangaroo care

Tell us something about the session, for example, what is/was the best part of this session? How did this session make you feel? How did your baby enjoy the session? Why did you stop the session?	Tell us how the session and your experience could be improved?