

# "Kangaroo care- Father's role a boon to the newborn"

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## INTRODUCTION

"Dad , 'Hold me close - need your touch and care" is the rhyming of a newborn . Kangaroo mother care is a form of developmental care which is especially beneficial to preterm babies. Worldwide, 13 million babies are born prematurely. About 75% of neonatal deaths occurs in the first week of life. Kangaroo mother care (KMC) has been proven to be an acceptable and feasible method to decrease the mortality rate of premature infants. It has been stated that a mother and her newborn (holding) has increased physical contact which promotes greater maternal responsiveness and more secure attachment between an infant and mother. Then, what about the fathers role ??? It's interesting to note the father's role in the infant's care, which made them feel important and involved in sharing responsibility with the mother. Kangaroo care empower dads so they also feel close to their babies.

## OBJECTIVE

The aim of the authors was to discover the role and experience of fathers in Kangaroo care.

## METHODOLOGY

Data sources: Cochrane Libraries , Pubmed, CINAHL, Medscape, African Medicus, World Health Organizational Regional database

275 Research studies identified in the first step of Literature Review

74 articles were indexed in more than one database

201 Studies were excluded because they focused on kangaroo care by mothers

15 studies were excluded because they were not focused on father's role & experiences

59 studies finally selected

## BENEFITS OF KANGAROO CARE

- ☉ Skin to skin promote parent -infant bonding.
- ☉ Babies gain weight faster
- ☉ Babies cry less and sleep better
- ☉ Babies heart rate , breathing pattern, temperature becomes stable
- ☉ It is a gift in financial constraints.
- ☉ Only means of survival in poverty.

## Father's role in kangaroo Care



Emotional Bonding



Eye contact with Infant



Supporting Mother



Increase closeness with Infant



Greater Involvement with Infant



Develop Confidence

S.no	Authors Name	Findings of the study
1.	Varela Natalia et al (2014)	A comparative study with 14 fathers in experimental group and 23 fathers in control group were identified. The fathers exhibited more caring behaviors through skin to skin contact which promoted the father to have greater involvement with infants
2.	Marianne Velandia et al (2012)	A study conducted with randomized control trial among 37 parent -infant pairs where in the infants were placed randomly on parents chest (SSC) the study highlighted that immediately after the birth of the infant there is rise in oxytocin level among the parents which facilitate parent-infant bonding, as well as there was decreased cry among the infants who were on fathers chest(SSC)
3.	Ylva Thernström Blomqvist et al (2012)	A descriptive study was performed in Sweden among 76 mothers and 74 fathers of preterm infants. In this study the parents expressed that they supported each other in turns to provide KMC. They felt that there were no interruption in a day during KMC and it was a best approach to have a strong bonding with their infants.
4.	Ylva Thernström Blomqvist et al (2012)	Qualitative study was done with seven fathers who performed KMC. It revealed that they have spent more time with their infants and had a satisfaction that they were doing something special and good for their infants which facilitated to attain their paternal role.
5.	Pallas Alonso et al 2012)	A prospective multi center survey was conducted in eight countries (Belgium, Denmark, France, Italy, The Netherlands, Spain, Sweden, and the United Kingdom). In Sweden, Denmark, United Kingdom and Belgium it was reported that there was an active participation in KMC, wherein fathers were routinely offered kangaroo care. The survey showed that the role played by mothers and fathers varied from country to country.
6.	Ingrid Helen Ravn et al (2011)	A single center randomized controlled trial was conducted wherein 43 fathers participated in interventional group and 39 fathers in control group. Fathers of interventional group experienced less stress level than the fathers in control group. Fathers were delighted to have the child and they expressed that the child is beautiful.
7.	Velandia M et al 2010)	A randomized controlled trial was conducted among 37 parent -infant pairs where in the infants were placed randomly on parents chest (SSC) and vocal interaction were recorded and the other group were not followed SSC. The study revealed that there was good communication between parent-infant pairs in SSC group than that of the non SSC group. The findings displayed that the father was a major support during the early onset of first vocal communication of the infants.
8.	Kerstin Erlandsson (2008)	A phenomenological study was conducted with 15 fathers. Fathers experienced a greater responsibility while taking care of a child and felt satisfied in being valuable and available for their child, which helps to have a strong emotional bonding.
9.	Liv Fegran, et al (2008)	A descriptive study was conducted among twelve parents . fathers experienced KMC as a beginning of a new relationship with the infant. Father worries were also relieved by father-child contact.
10.	Erlandsson K et al (2007)	A randomized control trial was conducted where in 29 father-infant pairs participated. Randomly the infants were placed on fathers chest(SSC)as well as on the cot with fathers. The study revealed that the infant who were in skin to skin contact with their fathers were comforted and stopped crying when compared to the infants lied on the cot with fathers.

## REFERENCES

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## CONCLUSION

The authors concluded that fathers are more excited and confident to provide kangaroo care. It provides an opportunity to fathers to do something special for their precious babies and build an everlasting bond.