

# Kangaroo Care with a Wrap



Find the middle of your wrap and hold it to your chest. Form a cross in back by holding the fabric in your right hand, palm facing up. Take it under your arm and over the opposite shoulder. Repeat on the other side.

Tighten the wrap by pulling on the edges of the fabric (rails). First the inside edge (tightens the top), then the outside (bottom). Tighten the left while holding the baby with your right, then switch hands & repeat on the other side.

Put your baby on your shoulder like you're going to burp him. Slide him down into the horizontal piece of fabric. Baby should be positioned high on your chest, with his **tummy touching your body**. His **legs should be bent** and his **knees will be higher than his bottom**.

Tighten the wrap again, focusing on the rails so that the horizontal section is tight enough to support the baby without additional support. Cross the tails under baby's bum (for an older baby you'll cross between the legs), tie in back or wrap fabric around your waist until you run out of fabric and tie in a square knot.



## Transition to Nursing

Loosen the wrap slightly by untying the knot and creating some slack in the horizontal fabric piece. Position baby so that his **head is resting on the top rail near your breast** and his **feet are at your waist** on the opposite side. Latch baby, then tighten the wrap again. Use one tail to support the baby's head and the other to support the baby's bottom. Cross and tie in back.