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## Kangaroo Mother Care continues beyond the health facility

The success of Kangaroo Mother Care (KMC) is in continued practice - from facility to home.....  
.....till baby weighs at least 2500 gms, achieves expected development milestones.



Seema and her 45 days old healthy baby at her home in village Jwalapur (Haridwar, Uttarakhand). Asha devi, the Accredited Social Health Activist (ASHA) stands by her side as Seema's mother watches over them.

@JSI,2017

**30<sup>th</sup> October, 2016**

Asha devi, the local ASHA, dials helpline 108 for a 'Mamta Vahan' - an ambulance service. Seema is writhing in labor pains and needs to reach Chain Rai Women' (CRW) Hospital. Within an hour, Seema, accompanied by Asha is at the facility, 19 miles away from home.

Being an ASHA - ray of hope, is in Asha's name. Over the last three years, she has linked several pregnant women in her village - Jwalapur to the ANM and the hospital. This linkage is vital for maternity and newborn care.



**31<sup>th</sup> October, 2016**

Seema's baby weighs 1800 grams and requires SNCU admission. Seema is counselled by the KMC counsellor and nurses to initiate KMC. She remembers being told... *aisa karne se wazan badega, bacha swasthya rahega* (...KMC will ensure adequate weight gain and keep baby healthy).

After two days in the post natal ward and three in the KMC unit, Seema is confident of continuing KMC at home. Seema and her newborn are discharged from hospital on 5th October.



**5<sup>th</sup> to 30<sup>th</sup> November, 2016**

At home, Seema keeps her baby in KMC position for to take care of five to six hours daily. Seema has two older children - a reason commonly cited by mothers to discontinue KMC once at home. Seema's will, counselling she received in the facility and ASHA's regular follow-ups keeps her going. Consistent KMC results in rapid improvements in baby's weight and development.

By her second hospital follow-up visit, within a month of delivery, the baby weighs over 2200 grams.

