

Quality Control Checklist for Skin-to-Skin Care (SSC)

WHO IS HOLDING: _____ **BABY:** _____ **SSC COACH:** _____

A parent and/or the SSC Coach completes one column during each session, or as needed.

A SSC Coach is an adult or professional qualified and knowledgeable in kangaroo care / skin to skin care.

Instructions: SSC Coach explains to the parent the correct way to do each line item and what is recommended for safe SSC sessions.

During the session, evaluate each item and mark those done correctly. Total each column at the bottom.

The goal is that, with training, the parent consistently achieves 10 marks in each session.

WHY? Learning what is expected is important for the safety of you and your baby during SSC.

Checklist Items	Date/Time: _____	Date/Time: _____
1. PARENT: Sitting or semi-reclined (never horizontal or side lying).	<input type="checkbox"/>	<input type="checkbox"/>
2. CONTACT: Baby and parent's chest are bare and touching each other.	<input type="checkbox"/>	<input type="checkbox"/>
3. CONTAINMENT: SSC Device covers baby's body up to the earlobe, reliably holding the baby's weight and proper posture. Containment along the body of the baby is constant; not too tight (it may compromise breathing); and not too loose (the baby may slide under the fabric).	<input type="checkbox"/>	<input type="checkbox"/>
4. BABY'S HEIGHT: The top of the baby's head is by the parent's collarbone. The parent, without stretching, can kiss the baby.	<input type="checkbox"/>	<input type="checkbox"/>
5. PLACEMENT: Baby is as vertical as possible, centered on the parent's chest for comfort and safety. Alternate positioning/place may be used when holding multiples and depending on the medical condition of the baby.	<input type="checkbox"/>	<input type="checkbox"/>
6. ALIGNMENT: Baby's neck and spine are midline with head turned to one side, legs flexed with toes outwards, arms flexed to the side and the hands at the level of the mouth. Turn the baby's head as needed for comfort.	<input type="checkbox"/>	<input type="checkbox"/>
7. AIRWAY: Baby's nose and mouth are visible and un-obstructed, face is fully uncovered.	<input type="checkbox"/>	<input type="checkbox"/>
8. EXTREMITIES: Baby's legs are flexed in a froglike position and toes face outward. Baby's arms are flexed to each side. Hands are level with the baby's mouth, allowing free air flow.	<input type="checkbox"/>	<input type="checkbox"/>
9. TEMPERATURE: Baby is contained/covered by the SSC device from toes to shoulders. If needed, baby has hat/socks and a blanket over the device. Parent may cover their shoulders with a top that is open in the front and does not cover baby's head.	<input type="checkbox"/>	<input type="checkbox"/>
10. COACH AVAILABLE: Both parent and baby are being monitored/supported by a coach and this checklist is used at least once during the session improving safety.	<input type="checkbox"/>	<input type="checkbox"/>
TOTAL MARKS PER SESSION/COLUMN:		

Notes, suggestions, and plans for improving: