OSCE checklist for kangaroo mother care

An OSCE checklist for kangaroo mother care covers explaining the care to the mother, preparing the baby, placing the baby skin to skin on the chest in an upright position, supporting feeding and monitoring warmth and breathing.

OSCE checklist for kangaroo mother care: steps to practise

1. Wash your hands, introduce yourself, confirm identity and explain to the mother what kangaroo mother care is and why it helps small babies. Gain her consent.
2. Check that the baby is stable enough, as your unit's policy says, and that the mother is well and comfortable.
3. Ask the mother to wash her chest and wear a front-opening garment, and have a wrap or binder, a cap, socks and a blanket ready.
4. Dress the baby in a nappy, cap and socks only.
5. Place the baby upright on the mother's bare chest, between her breasts, chest to chest, with the head turned to one side and slightly tilted back so the airway stays open and the face can be seen.
6. Secure the baby with a wrap or binder so the baby cannot slip, firm but not tight so both can breathe easily, and cover both.
7. Check the baby's breathing, colour and warmth in the position, and take the temperature as your policy says.
8. Help the mother to breastfeed, or express milk, and show her how to move the baby in and out of the position safely, supporting the head and neck.
9. Explain that the position can continue for as long as possible, day and night, that she should rest semi-upright, and the danger signs to report at once: pauses in breathing, fast or difficult breathing, blue or pale colour, a cold baby or a limp or very sleepy baby.
10. Wash your hands, record the time, the baby's condition and what you taught, and involve the family.

What candidates commonly forget

- Leaving the head bent forward so the airway is blocked
- Covering the baby's face
- Tying the wrap too loosely or too tightly
- Not checking the baby's temperature
- Not teaching danger signs
- Not helping with feeding

Local policy comes first

This is our own practice checklist. Your college, hospital or country may do some steps differently. Where local policy and this list disagree, follow local policy.

Practise the hands-on steps with a classmate or in a skills lab, because an AI patient cannot watch your technique. You can practise the talking part with an AI patient, and try one station free with no sign-up. Next, try Midwifery: Sleepy baby on a postnatal ward after caesarean. Back to the OBG nursing OSCE page: OBG nursing OSCE, or see the full OSCE checklist list.

Common questions

What is the OSCE checklist for kangaroo mother care?

Explain and get consent, check that the baby is stable, prepare the mother and garments, place the baby upright on the mother's chest with the airway open and face visible, secure and cover, monitor breathing and warmth, support feeding, teach danger signs and record.

Who can give kangaroo care?

The mother, and also the father or another family member, as your unit allows.

What are danger signs?

Pauses in breathing, fast or difficult breathing, blue or pale colour, a limp or very sleepy baby, or a cold baby. Report them at once.

Sources

- WHO: kangaroo mother care, a practical guide
- NICE NG194: postnatal care

Checked 2026-11-13. Fees and rules change, so confirm them with the regulator before you book.