Background
Neonatal transports often implies a separation of the infant from the parents, a separation that might be associated with stress.

Aim
Describe parents’ experiences of two different means of neonatal transport by ground ambulance, Kangaroo Mother Care position or incubator care.

Method
14 parents participated, 9 were transported in KMC position and 5 in a transport incubator. Open interviews were performed during the first week post transport and analysed using a qualitative content analysis.

Results
KANGAROO MOTHER CARE
The mothers using KMC position were satisfied being close to their infant during the transport, it reduced their level of stress. They felt important as a parent since they could communicate their infant’s need to the accompanying staff. They sensed they were able to protect their infant by holding it close to their own body.

INCUBATOR TRANSPORT
The mothers in the incubator transport group were concerned before and during the transport and found it stressful to be separated from their infant. One mother expressed it as “it felt like a hole opened”. At the same time they could feel confident that the staff took care of their child during the transport when they were not present.

Conclusion
Kangaroo Mother Care (KMC) during transport seems to support parents’ parental role and a family centred approach and be less stressful.