

ROOMING IN

The best place for your baby is with you.

What is rooming in?

Rooming in means that your baby stays with you in your room throughout your hospital stay. Your baby will not go to the nursery except for some procedures.

What are the advantages of rooming in?

- The baby sleeps better and cries less. It is less stressful for the baby.
- Moms will make milk sooner and in greater amounts in response to having their baby near at all times and being able to respond quicker to the baby's feeding cues.
- The baby gains more weight.
- Babies who room in develop less jaundice.
- The baby tends to feed more often and learns to breastfeed sooner.
- Women exclusively breastfeed and continue to breastfeed longer.
- It allows babies and families time to get to know each other and bond.
- You are better prepared to take care of your baby.
- You begin to recognize your baby's feeding cues.
- There is a decreased risk for infection and illness.

What about sleep?

- Studies have shown that mothers get more restful sleep and longer periods of rest when babies stay in the room with them.
- Get your sleep in chunks: sleep when your baby sleeps.
- Day time is for sleeping, too. Limit distractions and visitors. Research shows that your rest is more often disturbed by visitors than by the baby.

Rooming in at home

- Keep your baby nearby for easier feeding at home by placing the baby's crib or bassinet next to your bed.