

Rooming- In




The Maternity Center
at  The Elliot

Newborn Care at the Mother's Bedside is called "Rooming-In"

Why Keeping Mother and Baby Together in the Hospital is Beneficial:

BETTER SLEEP

- ♥ Babies who room-in with their mothers sleep deeper and longer.
- ♥ Mothers sleep better when babies room-in with them.
- ♥ Sharing your room with your baby reduces the risk of Sudden Infant Death Syndrome or SIDS.

PROMOTES BONDING

- ♥ Mothers can learn about their newborns cues and behavior.
- ♥ Mothers become more confident in caring for their babies.

PROMOTES FEEDING

- ♥ Mothers learn to recognize babies hunger cues and feed on demand.
- ♥ Mothers and babies have more opportunities for skin to skin contact which promotes breastfeeding.

BETTER WEIGHT GAIN & LESS JAUNDICE

- ♥ Babies who room-in breastfeed more frequently therefore gain more weight and have a decreased occurrence of jaundice.

BETTER PREPARED

- ♥ Increases opportunities for questions to be asked.
- ♥ Improves communication between staff and family.
- ♥ Prepares you better for when you get home.

HEALTHIER BABIES

- ♥ Babies feed more frequently thus increasing breast milk which contains antibodies to help prevent infection.
- ♥ Babies cry less which conserves the baby's energy.

Keeping your baby with you throughout your hospital stay is referred to as “rooming-in.” Rooming-in has many benefits for you and your baby:

- ♥ Better Sleep: Babies who room-in with their mothers sleep deeper.
- ♥ What about sleep?
 - Studies show that mothers get the same amount and quality of sleep when their infants room in as when their infants are out of the room.
 - Breastfeed in the side lying or laid-back position: baby can feed while you rest (but please don't fall asleep with the baby in your bed!).
 - Take the opportunity to rest during the day as well as the night. Your nurse can help with limiting day time interruptions and phone calls, if you'd like.
 - Get your naps along with the baby: sleep when baby sleeps! Start practicing this in the hospital.
 - Consider having your support person sleep while you feed your baby and then they can care for the baby while you sleep.
- ♥ Better opportunity to get to know one another and better bonding
 - You have more opportunities to learn about your new baby! Mothers learn to recognize feeding cues when their babies stay in the same room. This doesn't happen as easily when you are separated.
 - You will be better prepared to care for your infant at home.
 - You will have more frequent interactions with your baby while rooming-in. You will have more opportunities to touch, look at, and get to know one another better.
- ♥ Less Crying: Newborns cry less when they are with their mothers. Levels of stress hormones of infants separated from their mothers are twice as high as those of infants who room-in. Being with their mother is “home” for babies.



- ♥ Better Breastfeeding:
 - Milk comes in sooner for mothers who room in than mothers who don't room-in.
 - Women who room-in with their infants continue to nurse their babies longer.
 - Babies who room-in are fed more often.
 - Women who room-in with their newborns have higher rates of exclusive breastfeeding. Exclusive breastfeeding, meaning babies are not fed other foods or fluids besides breast milk, is recommended for babies' first 6 months by the American Academy of Pediatrics and many other health organizations.
- ♥ Better Weight Gain: All babies lose weight in the first few days after birth, but babies who room-in gain weight sooner.
- ♥ Less Jaundice: Babies who room-in have less jaundice.