

## Prenatal Education: Topic #6: Rooming In:

### What is “rooming in”?

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

### What are the advantages of rooming in?

1. Baby sleeps better and cries less. It is less stressful for the baby.
2. Mother’s milk comes in sooner.
3. Baby gains weight better.
4. Baby develops less jaundice.
5. Baby feeds more often.
6. Women exclusively breastfeed longer and continue to breastfeed longer.
7. You can get to know your baby better,
8. You are better prepared to take care of your baby.
9. You begin to recognize your baby’s feeding cues.



### What about sleep?

1. Mothers have the same amount and quality of sleep when rooming in as when the baby is out of the room.
2. Get your sleep in chunks: *sleep when your baby sleeps*.
3. The daytime is for sleeping, too. Limit distractions and visitors.
4. Learn to nurse in the sidelying position so you can rest while baby feeds!

***...to learn more, continue on the next page!***

## **Prenatal Education: Topic #6: Rooming In**

*Breastfeeding is the gift of a lifetime, a gift that only a mother can give.*

**Keeping your baby with you throughout your hospital stay, or “rooming in,” has many benefits for you and your baby:**



### **Better Sleep.**

- Babies who room in with their mothers sleep deeper.

### **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. And exclusive breastfeeding, meaning babies are not fed other foods or fluids besides breastmilk, is recommended for babies' first 6 months by the American Academy of Pediatrics and many other health organizations.

### **Better weight.**

- Babies who room in gain weight better.

### **Less jaundice.**

- Babies who room in have decreased jaundice.

### **Better opportunity to get to know one another.**

- You have more opportunities to learn about your new baby! Parents learn to recognize feeding cues when their babies stay in the same room. This doesn't happen 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 opportunity to touch, look at, and get to know one another better.
- Women who room in are more attached to their babies.

### **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 sidelying position: baby can feed while you rest!
- Take the opportunity to rest during the day as well as the night. Ask your nurse to help with limiting day time interruptions and phone calls.
- Get your naps in along with the baby: sleep when baby sleeps!



### **If your baby needs to be separated from you, due to illness or prematurity:**

- Pump your breasts early and regularly to provide the best medicine for your baby: your milk!
- Be with your baby as much as possible, and as soon as your baby is able, begin breastfeeding!