

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, read the other side!