



Rooming-In



“Rooming-In” – Means your baby stays in the room with you
24 hours a day

Benefits for Babies

- Newborns cry less
- Babies are soothed more quickly with parents nearby
- Babies spend more time in a quiet sleep
- Babies consume more breast milk
- Babies gain weight more quickly
- Babies are less likely to develop jaundice (yellowing of skin)

Benefits for Moms

- Improves bonding between newborn and mother
- Parents quickly learn how to care for, sooth, and comfort their baby
- Mother may sleep more peacefully knowing that her baby is with her
- Breast milk comes in more quickly and milk production increases
- Minimizes the risk of breast engorgement
- No increase in nipple soreness
- Newborns feed for longer periods of time

Facts

- Evidence suggests that mothers who have infants in the nursery do NOT get any more sleep than mothers with infants rooming-in
- Rooming-in promotes greater attachments between mother and baby
- Rooming-in increases the likelihood that you will exclusively breastfeed