



24-Hour Rooming-in

The term “rooming-in” means your baby stays with you round-the-clock while you are in the hospital.

This is important bonding time for you and your baby to get to know one another. If your baby is taken to the nursery for assessments or monitoring, you will be encouraged to go with your baby. At all other times, we encourage you to keep your baby with you in your room.

Why is rooming in important?

- Recovering after delivery with your baby in your room allows you to get to know your baby during the first few days of life.
- You are the most important caregiver for your baby. By participating in your baby’s care, you will learn about your baby’s responses, making the transition to home a bit easier.
- Research shows rooming-in is linked to breastfeeding success and to parents feeling more confident in caring for their child.
- Newborns who stay with their mothers cry less, stay warmer and have less risk of infection.
- Babies who room-in develop less jaundice, gain more weight and appear less stressed.
- Babies who room-in feed more often. You will be more aware of your baby’s feeding cues and be able to respond quickly. Moms who room-in make more milk after day three.

What about sleep?

- Moms who room-in with their babies get better sleep than moms whose newborns stay in the nursery.
- Sleep when your baby sleeps, even during the day. Limit your visitors, or wait until you get home to have visitors.
- Many newborns wake up to feed often, especially at night. They seem to want to eat constantly or cluster feed.