



## What are the benefits of “Rooming-In” for my baby and me?

*The time following your baby’s birth is a special experience and one you will always cherish. Our goal is to **always** provide the highest level of care for you, your baby and your family.*

*To achieve this goal, we would like to share with you an exciting new change that you will experience during your hospital stay, “**Rooming-In.**”*

### What Does “Rooming-In” mean for my baby and me?

- **Rooming-In** means the baby will stay in your room during any routine reasons including vaccines, doctor rounding, blood draws etc.
- The transitional nursery will be used only for newborns with medical problems or for babies needing certain medical procedures not able to be done in the room (e.g., circumcision).
- If you wish to take a walk outside of the Mother / Baby Unit, you may leave your baby with a trusted family member or support person in your room. The hospital does not have a healthy newborn nursery to send the baby for routine visits.
- Babies having medical concerns may be taken to the transitional nursery by the nurse.

### Why is keeping the baby in my room versus the nursery important?

- Studies show that moms have a more restful sleep when their newborn is close by them.
- Keeping your newborn in your room will help baby get on the same sleep schedule as you. This will also help prepare you and the baby when you go home.
- **Rooming-In** will also help you recognize your baby’s feeding cues. Feeding babies when they demonstrate feeding cues and not on a set schedule can help promote healthy feeding habits for the baby and decrease the risk of obesity.

### Do you have any questions?

- Please ask your doctor or nurse, we are happy to help.