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.