



ROOMING IN: **BABIES ARE HAPPIEST WITH THEIR FAMILIES**



General Information:

- Rooming-in (keeping parents and babies together in the same room) is beneficial to the health and development of infants. Rooming-in also keeps a newborn where they feel safest-at his mother's side.
- When babies room-in they feed better, cry less and lose less weight.
- Parents go home with more confidence in their ability to care for their baby, and report more positive feelings toward their baby.
- Mothers who keep their babies with them at night actually have better quality sleep than those whose babies are in the nursery between feedings.

Rooming-in: Safe and Healthy

- Rooming-in is recommended by the Academy of Pediatrics for healthy babies and their mothers.
- It is safe and has been shown to get breastfeeding off to a good start.
- You and your partner will have support from your health care team as you learn to care for and get acquainted with your baby.
- Some babies require closer monitoring in the nursery, so rooming-in is not always possible. The goal is to reunite mother and baby as soon as possible.

Making Rooming-in Successful

- Have a support person who stays with you at all times, and can help with the baby at night.
- Keep visitors to a minimum so you can get plenty of naps in order to be rested enough to care for the baby when he or she needs you.
- Babies may be very sleepy in the first 24 hours. After that, he or she may be sleepy in the morning and the early afternoon, and will probably be most alert and feed most often between 9 p.m. and 3 a.m.

Have any questions?

Contact our Maternity Navigator

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Call: 765.599.3193 or Text: 765.521.1116



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