

What is rooming in?

Rooming in after birth means your baby stays in your hospital room with you. Rooming in has many benefits, including:

- Babies cry less and are easier to calm
- Moms get more rest
- Milk comes in sooner
- The safest place for your baby is with you
- Moms learn to read their baby's cues and signals

Babies warm best when they are skin to skin with either Mom or Dad; if you want, your nurse can place a warmed blanket over both you and the baby.

The baby's bed or bassinet will be brought into your room. The nurses and other staff will check on you and the baby to make sure that everything is okay and that you are not having any problems.

It has been shown that mothers actually get more sleep if the baby is with them. You will have plenty of time for rest in the hospital after the birth of your baby. With the birth of this baby, your life has changed forever!

Rooming in is important to the health and well being of you and your baby!