

# Rooming-In: Benefits for Parents and Newborn

## What is Rooming-In?

Rooming-in is when a newborn stays in the same room as the parent right after birth and during their hospital stay. This means the baby isn't separated from the parent unless there's a medical reason.

## Benefits for Your Baby.

- **Bonding:** Being close helps the baby feel secure and loved.
- **Feeding:** Easier to breastfeed when the baby is nearby.
- **Learning:** Babies learn from their parent's voice and touch. You learn each other's cues (like when your baby is hungry) and become more comfortable together. Babies can also smell your milk when close to you and find it easier to latch on.

## Benefits for You, the Parent.

- **Breastfeeding:** Makes it easier to breastfeed often. This helps your milk come in and makes it easier for your baby to learn how to breastfeed.
- **Comfort:** You can learn your baby's needs and routines. Having your baby nearby can be comforting and soothing, which can help lessen feelings of anxiety or loneliness.
- **Confidence:** Helps you feel more confident as a new parent. You learn what your baby needs and how to care for them.



### Why Rooming-In is Recommended.

- **Healthier Baby:** Babies cry less and are more likely to breastfeed well. Babies who room-in breastfeed better and are less likely to have problems like jaundice.
- **Quicker Recovery:** Birth parent may recover faster when close to their baby.
- **Family Bonding:** Helps build a strong bond between parents and baby.

### Tips for a Good Rooming-In Experience.

- **Ask Questions:** Talk to hospital staff about rooming-in.
- **Prepare:** Bring comfortable clothes and items for both you and your baby.
- **Support:** Get help from nurses or lactation consultants if needed.

### What if I'm Concerned About Getting Enough Rest?

It's natural to be concerned about getting enough rest, especially after giving birth. By discussing your concerns and preferences with our team, we can work together to ensure you receive the support you need while caring for your newborn.

### Conclusion.

Rooming-in is a great way to start your baby's life with you close by. It benefits both you and your baby in many ways. Talk to your healthcare provider to learn more about rooming-in and how it can work for you and your family.

**If you have questions or concerns about Rooming-In, please speak with your nurse or ask to speak to the Charge Nurse.**

Scan code to learn more.



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