What is “rooming in”? Rooming in means your baby stays with you in your room throughout your hospital stay.

What are the advantages of rooming in?
1. Baby sleeps better and cries less. It is less stressful for the baby.
2. Mother’s milk comes in sooner.
3. Baby feeds more often.
4. Baby gains weight better.
5. Baby develops less jaundice.
6. Women exclusively breastfeed longer and continue to breastfeed longer.
7. You can get to know your baby better,
8. You are better prepared to take care of your baby.
9. You can recognize your baby’s feeding cues.

What about sleep?
1. Mothers have the same amount and quality of sleep when rooming in as when the baby is out of the room.
2. Get your sleep in chunks of time: Sleep when your baby sleeps.
3. The day time is for sleeping, too. Limit distractions and visitors.
4. Find comfortable feeding positions (Laid-Back or Side Lying) so mother can rest while baby feeds.
Keeping your baby with you throughout your hospital stay, “rooming in,” have many benefits for you and your baby:

**Better Sleep**
Babies who room in with their mothers sleep deeper.

**Less Crying**
Newborns cry less when they are with their mothers. Levels of stress hormones of infants separated from their mothers are twice as high as those of infants who room in. Being with their mother is “home” for babies.

**Better Breastfeeding**
- Milk comes in sooner for mothers who room in than mothers who don’t room in.
- Women who room in with their infants continue to nurse their babies longer.
- Babies who room in are fed more often.
- Women who room in with their newborns have higher rates of exclusive breastfeeding. Exclusive breastfeeding, meaning babies are not fed other foods or fluids besides breast milk, is recommended for babies’ first 6 months by the American Academy of Pediatrics and many other health organizations.

**Better Weight**
Babies who room in gain weight better.

**Less Jaundice**
Babies who room in have decreased jaundice.

**Better opportunity to get to know one another**
- You have more opportunity to learn about your new baby! Mothers learn to recognize feeding cues when their babies stay in the same room. This doesn’t happen as easily when you are separated.
- You will be better prepared to care for your infant at home.
- You will have more frequent interactions with your baby while rooming in. You will have more opportunity to touch, look at, and get to know one another better.

Breastfeeding is the gift of a lifetime
A gift that only a mother can give