

Rooming In

What is “rooming in”?

Rooming in means your baby stays with you in your room throughout your hospital stay. “Rooming in”, has many benefits for you and your baby.

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What are the advantages of rooming in?

- Baby sleeps better and cries less. It is less stressful for the baby.
- Mother’s milk comes in sooner.
- Baby feeds more often.
- Baby gains weight better.

What about hospital tests and procedures?

With “rooming in” you will still receive care from the nursery staff; they will simply do the vast majority of the tests and procedures at your bedside.

- Baby develops less jaundice.
- Women exclusively breastfeed longer and continue to breastfeed longer.
- You can get to know your baby better.
- You are better prepared to take care of your baby.
- You can recognize your baby’s feeding cues.
- You are better able to ensure your baby receives the care you want (i.e. no pacifiers, bottles, water, etc.)

What about sleep?

Mother

- Mothers have the same amount and quality of sleep when rooming in as when the baby is out of the room.
- Mothers should get sleep in increments of time. Sleep when baby sleeps.
- Mothers should rest and sleep some during the day. Have a quiet time; limit unnecessary procedures, distractions, and visitors.
- Find comfortable feeding positions (Laid-back or Side-lying) so mother can rest while baby is feeding.

Baby

- Babies who room in with their mothers sleep more consistently.
- Babies 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).