

breast & chest feeding it's worth it!

What is Rooming-in?

After birth, it is recommended that you and your baby stay together in the same room during your hospital stay. Rooming-in allows parents and infants to be in the same room with each other 24 hours a day.

Why Should Families Choose Rooming-in?

Families naturally want to be close after birth. Rooming-in with your baby has many benefits, such as:

- Learn your baby's cues quickly
- Better quality sleep for mom/birth parent and baby
- Get feeding off to a great start
- More skin-to-skin contact
- Better weight gain for baby
- Having a healthy amount of breastmilk
- Allows parents to rest and recover
- Decreases stress and postpartum depression

Parents and families may think that rooming-in will make sleeping harder, but studies show the amount of sleep you will get is the same. In fact, rooming-in can help parents and baby sleep better and get into a good routine.



Scan the QR Code
to learn more about
rooming-in and bonding
with your baby, or visit
itsworthitct.org.



How Rooming-in Helps with Breastfeeding

Since your baby will be with you in your room, you will learn how to tell when they are hungry and can begin a feeding before they start to cry. Starting a feeding is often easier to do when baby is calm and not crying.

Studies show that babies who are breastfed while rooming-in gain weight faster. Feeding on demand and often will help you to have a good supply of breastmilk.

Remember rooming-in doesn't mean you and baby are left alone without support. Your nurse is only a call away. Ask your nurse if you or your baby needs help getting comfortable.

Partners are encouraged to help, too! They can help care for you and the baby throughout your hospital stay.

Produced in part with federal funds from the Centers for Disease Control and Prevention and U.S. Department of Agriculture; content does not necessarily reflect the view or policies of U.S. Government or imply endorsement. This institution is an equal opportunity provider.

