

# It's Worth It!

## Rooming-in

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## 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 is the hospital practice that allows mothers and infants to be in the same room with each other 24 hours a day.

## Benefits of Rooming-in

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

- Learning your baby quickly
- Better quality sleep for mom and baby
- Baby will cry less
- More skin-to-skin contact
- Better weight gain for baby
- Getting breastfeeding off to a great start
- Having a healthy amount of breastmilk

Moms can have more health benefits when they room in with their babies. It allows you to rest and recover which can help decrease stress and postpartum depression.

***“Allowing me to room-in with my daughter made breastfeeding that much easier, more natural...”***



Source: WIC Works

## Rooming-in at the Hospital

**After Delivery:** You and your baby will be placed skin-to-skin (something you can do all the time with your baby, not just in the hospital). Things such as weighing, baths, and exams may be done inside the room.

Your baby will have a small crib in your room, which will allow him or her to stay with you day and night. Always place the baby on his or her back to sleep. Keep soft objects and loose bedding out of your baby's sleep area and do not let your baby get too hot during sleep. If you need rest, you can give baby to an alert caregiver.

Many think you will get less sleep when rooming-in, but studies show that both you and your baby will get the same amount of sleep regardless of where he or she sleeps. Rooming-in helps you to establish a routine.

**Limit Visitors:** This will allow you to give your full attention to your baby. Ask your visiting family and friends to be supportive of you and baby while rooming-in and breastfeeding.

## How Rooming-in Can Help with Breastfeeding

Since your baby will be with you in your room, you will learn how to tell when he or she is hungry and can begin a feeding before he or she starts 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 need help getting comfortable.

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

## More about Rooming-in

Rooming-in is part of the Ten Steps to Successful Breastfeeding Initiative.

Hospitals that have the *Baby Friendly* designation offer maternity services and care for newborn infants that is supportive of breastfeeding. These hospitals offer rooming-in to everyone. That doesn't mean that you cannot room-in with your newborn in a hospital that is not *Baby Friendly*. You may just need to ask.

## Baby Friendly Hospitals

### CT Hospitals with the Baby Friendly designation as of February 2018

- Day Kimball Hospital, Putnam
- Griffin Hospital, Derby
- Hartford Hospital, Hartford (Re-Designation Pending)
- Lawrence & Memorial Hospital, New London
- Middlesex Hospital, Middletown
- MidState Medical Center, Meriden
- St. Vincent's Medical Center, Bridgeport
- The Hospital of Central Connecticut, New Britain
- Yale New Haven Hospital, New Haven
- Yale New Haven Hospital-St Raphael Campus, New Haven

Visit <https://www.babyfriendlyusa.org/> to view a list of the most current Baby Friendly designations!



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#### Sources:

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2. Feldman-winter L, Goldsmith JP. Safe Sleep and Skin-to-Skin Care in the Neonatal Period for Healthy Term Newborns. *Pediatrics*. 2016;138(3)
3. Eunice Kennedy Shriver National Institute of Child Health and Human Development, U.S. Department of Health and Human Services. What is a Safe to Sleep Environment? Accessed on 12/29/2017 at [www.nichd.nih.gov/sts/about/environment/room/Pages/text\\_alternative.aspx](http://www.nichd.nih.gov/sts/about/environment/room/Pages/text_alternative.aspx).

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