

WOMEN'S SERVICES



Rooming In

The best care for your baby

What is Rooming In?

Many hospitals offer the option of having the baby stay with his / her mother in a single room following delivery. Although central nurseries that kept babies in a separate location were common in hospitals a generation ago, research has shown that there is no medical reason for healthy mothers and babies to be separated, even temporarily.

Rooming In is when well babies stay in the same room as their mother day and night instead of going to a centrally located nursery. In this way, we are able to provide family-centered care to mom, baby, and support person(s) in the same location – at the same time – by one nurse – easing the transition from hospital to home.

What are the benefits?

There is a strong need for physical and emotional attachment between mother and baby in the days following delivery. According to research, mothers and babies who spent longer periods of time together during day and night scored higher on a test developed to measure emotional attachment between mother and baby. During this time, mothers are able to learn about their baby's needs and how to best care for and comfort their babies.

Benefits include:

- Babies cry less and are easier to calm
- Moms get more rest
- Ability to respond to baby's feeding cues
- Make more breast milk, faster
 - In fact, skin-to-skin contact actually helps to stimulate prolactin, the milk-making hormone (Hurst 1997). As recommended by the American Academy of Pediatrics, being together is good for both mom and baby and will allow mom to begin nursing on demand as soon as possible, which is most beneficial to her milk supply.
- Ability to assure the care desired for baby (e.g. no pacifiers, bottles, tests, etc.)
- Decrease likelihood of baby developing 'jaundice', a condition commonly referred to as 'a yellowing of the skin' that sometimes requires treatment.

Any of our Birth Place staff members will be happy to answer questions you may have regarding Rooming In.