

# Rooming In With Your Baby

The bond between a mother and her newborn is unique and powerful. Spending as much time as possible with your new baby in the hours and days after giving birth is key to increasing that bond. It also helps to establish successful breastfeeding.

That's why the practice of rooming in is so important. Rooming in means your newborn stays with you in your hospital room during your entire stay, instead of going to a nursery. Studies show many short and long-term benefits to rooming in.

*"Having a baby staying in the room with mom can be very beneficial. When mom is working on learning to breast feed, it's very helpful for the baby to be right there so mom can watch and see the baby's cues as to when they're hungry. That way baby can be right there with mom and have that extra bonding and be able to breast feed."*

While rooming in, babies often cry less and are more easily comforted. They also are less likely to develop Jaundice, a yellowing of the skin and eyes. A new mom is comforted having her baby by her side and quickly learns to pick up on her baby's hunger cues. Babies flourish when they are able to be fed on demand.

Rooming in allows plenty of opportunity for skin-to-skin contact, keeping baby warm and strengthening that parent child bond.

It's natural to think you'd get more rest if your baby was out in a nursery during the night, but studies show that's not the case. Mothers who room in get as much sleep as moms who don't. And babies benefit from being in the restful environment of mom's room, rather than the busy nursery.

From the time you come into your hospital room after delivery until you leave, your baby can be with you. Even routine baby care and exams can be performed while rooming in.

Women researching hospitals to deliver in should inquire about the facility's rooming in practice and request it if it's not the norm.

It's a natural instinct for a mother to want to be close to her baby, just as a baby needs and wants to be close to his mother. Being together, beginning right after birth, is best for both baby and mom.