



Women's Health

Rooming in

We encourage you to keep your baby in your room to allow you to feed your baby on demand and promote bonding—this is called rooming in. This time spent together helps you become more comfortable in caring for your new baby.

Benefits of rooming in

- Babies sleep better and cry less.
- Babies feed more often, causing mother's milk production to be established sooner.
- Parents are better prepared to take care of their baby.
- Parents learn to recognize their baby's feeding cues.
- Babies feel safe when they are near their mother.
- Babies can recognize their mother's smell by one to two days of life.

Rest and recovery

- Your nurse, physician, and the entire health care team are committed to helping you rest and recover in the few days you are in the hospital. The team will work with you to determine how rest time can be incorporated into your plan of care and will work together to decrease the number of interruptions.
- Your health care team will take care of you and your baby together in your hospital room. They are there to support you and your baby.

Is there a nursery?

- We have a newborn observation unit. If your baby requires a medical procedure or additional medical attention, he or she will be taken to this observation area.
- You and your baby will share a hospital room instead of being separated by a nursery. The health care team will care for both of you in your room and are there to support you and your baby.



This handout does not take the place of a discussion with your provider. Discuss any questions or concerns you may have with your provider.

Women's and Infant Services
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ATENCIÓN: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.844.359.1607 (TTY: 711).

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