

# HACKENSACK MERIDIAN *HEALTH* JERSEY SHORE UNIVERSITY MEDICAL CENTER

## **What is Rooming-In?**

Rooming-in means your baby stays with you in your room throughout your hospital stay.

Although we provide **24 hour expert nursing care** in our Newborn Observation Nursery by a specially trained “Baby Nurse,” we support the growing evidence in the research that you and your baby will be healthier if you practice 24 hour rooming-in for your healthy, full term baby.

In addition to your mother-baby nurse, who will care for you and your baby after delivery, the “Baby Nurse” will provide instruction during observation of the baby and provide any required newborn testing right in your room.

## Rooming-In With Your Baby

### **What are the advantages of Rooming-In?**

- Baby will sleep better and cry less. It is less stressful for the baby to be with you.
- You will get to know your baby better and will be better prepared to take care of your baby when you get home.
- You will learn to recognize your baby’s hunger cues when baby is in the same room as you. This doesn’t happen as easily when you are separated.
- Babies who room in will feed more frequently and gain weight better, especially if breastfeeding.
- Your milk will come in sooner and mothers who room in with their infants continue to nurse their babies longer and have a higher rate of exclusive breastfeeding as recommended by the American Academy of Pediatrics.
- You will get an opportunity to “practice” caring for your baby under the watchful eye of the medical staff to make the transition to home easier.
- It is quieter and darker in your room than the nursery, which may ease the transition to day/night routines when you take your baby home.

### **What about sleep?**

- Studies show that mothers get the same amount and quality of sleep when their infants room in as when their infants are out of the room.
- Get your sleep in chunks of time – sleep when your baby sleeps.
- Remember that daytime is for sleep, too! Limit distractions and visitors.

***Remember the nursing staff is here to support you and your baby and provide a memorable hospital experience for you. If you feel overwhelmed, ask for help!***



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