

# Rooming in

*“Can I breastfeed?”... Yes, you can! And here’s how.*



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Keeping your baby with you throughout your hospital stay (“rooming in”) has many benefits for you and your baby, especially for breastfeeding.

## **Better Sleep**

Babies who room in with their mothers sleep more deeply.

## **Less Crying**

Newborn babies cry less when they are with their mothers. The levels of

stress hormones of infants separated from their mothers are twice as high as those of infants who room in. Being with their mother is “home” for babies.

## **Better Breastfeeding**

- Babies who room in feed more often. They get more practice learning to breastfeed.
- Because they feed more often, their mothers’ milk comes in sooner and more plentifully.
- Mothers who room in with their infants continue to nurse their babies for longer.
- Women who room in with their newborns have higher rates of exclusive breastfeeding in the hospital and when they go home. Exclusive breastfeeding (feeding only breastmilk to the baby) is recommended for the first 6 months of life, by the American Academy of Pediatrics and many other health organizations.

## **Better Weight**

Babies who room in lose less weight in the first days of life.

## **Less Jaundice**

Babies who room in have less jaundice.

## **More opportunities to get to know one another**

- You will have more opportunity to learn about your new baby! Mothers learn to recognize their babies’ feeding “cues” when they stay together in the same room. This is an important part of learning to breastfeed.
- You will be better prepared to care for your infant at home.
- You will have more frequent interactions with your baby while rooming in. You will

have more opportunity to touch, look at, and get to know one another.

**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.
- Try breastfeeding in the side lying or laid-back position. Baby can feed while you rest!
- Take the opportunity to nap during the day as well as the night. Your nurse can help with limiting daytime interruptions and phone calls, if you would like.
- Get your naps in along with the baby: sleep when your baby sleeps!