

ROOMING-IN WITH YOUR BABY!

What is Rooming-In?

The mother and baby stay together, in the same room, 24-hours a day, during the hospital stay & at home for as long as desired.

Better for Mom and Baby!

Place the baby on their back in the crib, next to the mother's bed, for safe sleep.

Increases breastfeeding success.

Increases mom's milk supply.

Reduces anxiety in mom and baby.

Aids in baby's growth and development.

Helps mom recover faster after delivery.

May increase sleep quality for mom & baby.

Helps baby gain weight faster.

Decreases risk for low blood sugars & jaundice in baby.

