

Rooming-in with Your Baby

Mother and baby staying together is good because:

- You get to know your baby quicker.
- You learn how to care for your baby while help is available from the staff.
- You are more confident going home. No shocks on the first night home.
- Breastfeeding is easier when the baby is close to you.
- Baby cries less because you can quickly meet his needs.
- Baby sleeps better. Your bedside is quieter and less bright at night than a nursery.
- You worry less when you can see your baby is safe beside you.
- There is less risk of infections when baby is cared for by her mother rather than in a large nursery.

Rooming-in is encouraged for all mothers and babies.

If you need your baby to go to the nursery for a while, you can ask the midwife about this. Normally, your baby will come back to your bedside when you are able to care for him again.

If you ask for the baby to be taken away because he is crying, see can the midwife help you to settle the baby beside you. Some suggestions are:

- Put your baby on your chest skin-to-skin. Your heartbeat, your voice and your smell help him to feel safe and secure.
- Talk or sing to your baby. Hold her close and rock her. Gently stroke her back, arms and legs.
- Put baby to your breast. She may be hungry or thirsty or sometimes baby just wants to suck a little more because this makes her feel happy.

Rooming-in is good for both mothers and babies