

ROOMING-IN

- You and your baby will be sharing this room together
- Please encourage your support partner to stay and help you
- Baby care will be done in your room

Benefits of mother and baby staying together:

- If baby is held skin to skin by mother they will stay warm and cry less
- Mothers learn to recognize their baby's needs
- Breastfeeding gets off to a good start

Nurses will help with:

- All feedings
- Managing baby care and techniques for finding time to rest
- Ways to settle your baby
- Recognizing signs of baby in deep sleep (okay to put baby in crib)