

**Here at WRMC, we promote and support rooming in with all moms and babies.**

***What is “rooming in”?***

Rooming in means your baby stays with you, in your room, 24 hours a day, unless medically necessary.

***What are the advantages?***

1. You learn your baby’s feeding cues to help you learn when your baby needs to eat.
2. Women exclusively breastfeed longer and continue to breastfeed longer.
3. Less stressful for baby, meaning your baby sleeps better and cries less.
4. Baby feeds more often, causing your milk to come in sooner.
5. Baby gains weight better.
6. Baby develops less jaundice.
7. You get to know your baby better, resulting in preparing you to take care of your baby at home.

***What about sleep?***

1. Mothers get the same amount and quality of sleep when rooming in as when the baby is out of the room.
2. Get your sleep in chunks of time: Sleep when your baby sleeps.
3. The day time is for sleeping, too. Limit distractions and visitors.
4. Find comfortable feeding positions (Laid-back or Side Lying) so mother can relax while baby feeds.

Why Rooming In?