Rooming-In means that you and your baby remain together in the same room throughout your stay in the hospital.

Some of the benefits of rooming-in include:

**Higher rates of exclusive breastfeeding** – Rooming in promotes the successful early establishment of breastfeeding.

**Improved breastfeeding** - Milk comes in sooner because babies are fed more often in response to their feeding cues, this results in better weight gain and decreased jaundice.

**Less crying and improved sleep for baby** - Newborns cry less when they are with their mothers. Newborns who room in with their mothers sleep better and have lower levels of stress hormones.

**More rest for mother too** - Studies have shown that women who room in get the same amount and quality of sleep as women who's newborns are out of the room, however mother's who room in report that they feel more rested and less stressed.

**Better Preparation for caring for your baby at home** - Mothers who room in feel more prepared to care for their newborn at home. Families get the chance to get to know each other before they leave the hospital and to practice infant care with the help of the nursing staff.

*Remember to take advantage of the daily “Quiet Time” at the hospital to rest.*