



- Rooming in, or couplet care, is an evidence-based practice that promotes keeping healthy newborn babies and their mothers together during post-labor recovery. At Intermountain Healthcare we support and encourage rooming in as much as possible. Studies have shown it has major health and bonding benefits for both mom and baby, helps prepare you for going home together, and allows you the time to learn about your baby's behaviors and cues. Nurseries are available when necessary.

BENEFITS OF ROOMING IN FOR MOM AND BABY:

Your little one loves to be near you and is comforted by your voice, smell, and heartbeat which means:

- Better sleep for everyone. Your baby will develop a more regular sleep-wake cycle and you'll worry less and rest more peacefully knowing your baby is with you and being attended to quickly.
- You'll learn your baby's early feeding, sleep, and other cues faster which means less crying and stress for mom and baby.
- Promotes breastfeeding.
- Babies who room in experience less jaundice, have more stable blood sugar, and gain weight faster.

TIPS FOR SUCCESSFUL ROOMING IN

- Keep your baby close and help them feel safe. Skin-to-skin contact can help protect your baby from illness by exposing them to normal bacteria on your skin.
- Sleep when your baby sleeps and keep the crib next to your bed.
- Allow your support person to stay with you. Our postpartum suites are equipped with sleeping accommodations.
- Feed your baby when they show signs of hunger.
- Keep visitors to a minimum so you can rest as much as possible.