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.