

## **Orienting parents to the Family Room**

We really would encourage you to keep your baby with you - we will come in to help you whenever you need help.

The baby will actually learn to sleep much better in your room - the nursery is very bright and can be noisy.

We'd like to help you learn how to parent your baby at night - just like you will at home.

Your baby's needs are important both day and night. Many babies sleep more during the day and are awake more at night, so be sure to get your sleep when the baby sleeps.

### **Note to Staff:**

We strongly encourage the day and evening staff to promote rooming-in - we don't want night staff to have to do this teaching at 3 am-although they will - but it's stressful for everyone then. And as rooming-in becomes more the standard - there is a lot less of this scripting necessary.