

Rooming-In:

What Nurses and Providers need to know

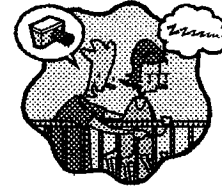
- Mothers who room-in with their babies have better breastfeeding outcomes—at discharge and at 3-6 months.
- Exclusive breastfeeding rates were better for babies with Full Rooming-in (80%) compared to Partial Rooming-in (40%) (Zuppa, et al, 2009)
- Other studies show that babies who room-in breastfeed more often than babies who are in nursery -which helps to establish a good milk supply in mother- many prolactin surges are needed to set a good milk supply in first few days. Oxytocin helps too – moms hear babies waking up and respond with let down.
- More Research includes: rooming in babies take in more breast milk (Bystrova, Matthiesen, et al., 2007), gain more weight per day and breastfeed more often (Yamauchi & Yamanouchi, 1990), and are less likely to develop jaundice(Syafruddin et al., 1988).
- If mom's milk supply is low in 1 week she will be even more exhausted than in first few days after birth!
- Studies show that mothers whose babies are cared for in the nursery **do not** get more sleep than mothers who room-in with their babies at night (Keefe, 1987, 1988; Waldenstrom & Swenson, 1991). With Rooming In - mothers report same amount of sleep or more!
- Parents learn to recognize baby's cues and learn how to care for their baby when the baby is nearby-parents feel more confident taking baby home by providing care in the room (formula fed babies and breastfed babies).
- Babies who are crying in the nursery are frantic when brought to mother to nurse- and this often makes latching difficult. With rooming in, there is gradual waking for both mom and baby and latch goes better when baby not yet frantic and crying
- Moms need help and support! Rooming in **does not** mean they are left alone without support- partners are encouraged to help and nursing staff need to be present often to help with breastfeeding and baby care and teaching throughout hospital stay
- Parents can learn ways to calm and sooth their baby. They need to learn and practice this BEFORE going home when they are on their own!
- H1N1 and MRSA infection risks are less— Rooming In decreases infection spread – nurseries in many hospitals were closed during H1N1 epidemic

If Mother-Family wants to take baby to nursery

So, a breastfeeding or formula feeding mother says she wants to have her baby in the nursery. What do you say/do?

"We do not have a Well Baby Nursery in this hospital"

1. Assume she is asking for help. Remember that help comes in many forms.
2. Acknowledge her feelings:
 - a. You must be really tired
 - b. This is hard work, isn't it?
 - c. I know this seems hard now, but it will get better
3. Assure her that things are going well, even if she doesn't feel that way.
 - a. You sure are a good mom
 - b. A lot of new moms feel overwhelmed and exhausted
 - c. You've just given birth – it's natural to feel tired
4. Teach her how to make this work.
 - a. ***Here in this hospital we have all healthy babies stay in the same room as their mothers, except when a medical procedure needs to be done. The mother's room is also the baby's room. We only take sick babies to the Newborn Medical Observation Unit if there is a concern about the baby's health. We do not have a well baby nursery in this hospital.***
 - b. Some reasons rooming in is helpful to you and your baby:
 - i. Engorgement can be prevented or reduced
 - ii. You will get more sleep – when babies and mothers room in- moms and babies sleep well
 - iii. Your baby will sleep better in a quiet room away from noise in the nursery
 - iv. You'll learn how to take care of your baby and get practice before you go home
 - v. You'll be aware of your baby's feeding cues
 - vi. You will have special time with your baby-and the two/three of you will get to know each other better.
5. Finally, strategize for a solution:
 - a. Let me help you both get comfortable so you can sleep.
 - b. Let me show you how to feed the baby so you can get some rest at the same time.
 - c. Remember that I'm here to help you and keep both of you safe and comfortable



What Parents need to know about Rooming In:

Keeping your baby with you continuously during the day and at night (called "rooming-in") has many benefits. Rooming in gives parents and infants time to practice the skills they will need at home.

- Mothers who room-in with their babies make more milk sooner.
- Babies cry less often when they are with their parents.
- Rooming in promotes bonding between baby and parents.
- Babies sleep better when in a quiet room with their parents.
- Mothers get the same amount of sleep regardless of where baby is (same room or nursery).

- Studies show that mothers whose babies are cared for in the nursery **do not** get more sleep than mothers who room-in with their babies at night. With Rooming In - mothers report same amount of sleep or more!
- Mothers can sleep when baby is in her room, learning ways to do this at home with baby.
- Parents are readily available to meet their baby's needs.
- Parents are the preferred care provider for their baby- the baby knows the sound of parental voice from pregnancy.
- Rooming in decreases infection risk in baby (especially during flu season)