

Breastfeeding ROOMING-IN AT THE HOSPITAL

After birth, it is recommended to keep your baby in the room with you 24 hours per day. This is known as “rooming-in.” Rooming-in is safe for healthy babies and their mothers. It is recommended by the American Academy of Pediatrics.



BENEFITS OF ROOMING-IN

- You can get to know your baby by holding, cuddling, and responding to your baby's cues.
- Your baby will cry less than the babies who are away from their mothers.
- It will be easier to learn to breastfeed and your baby will gain weight faster.
- Mothers who keep their babies with them at night actually sleep better.



MAKING ROOMING-IN SUCCESSFUL

- It is important to have a support person stay with you to help with your baby at night. This is especially helpful if you had a Cesarean birth.
- While you are awake, you can hold your baby in your bed or in a chair.
- Keep your baby on your chest, skin-to-skin, as much as possible while in the hospital to make breastfeeding easier. This will also keep your baby warm and help him feel safe.
- Be aware that your baby may be very sleepy in the first 24 hours. This is the perfect time to keep your baby skin-to-skin.
- Feed your baby when she shows signs of hunger, such as sucking on fingers, rooting, rapid eye movement, or making sucking noises.
- If your baby is not showing signs of hunger after 3-4 hours, place her skin-to-skin. At the first signs of hunger, express some milk to help your baby latch.
- Keep visitors to a minimum so you get as much rest as possible.
- Your baby should be placed in the crib next to your bed while you are sleeping. Another alert caregiver may hold your baby while you sleep.

MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
WIC and Nutrition Services

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