

# BEST FED BEGINNINGS

Erlanger Hospital Baroness Campus | Women's and Infant Services

## ROOMING IN

### WHY WE SUPPORT ROOMING IN

During your hospital stay, we encourage you to keep your baby in the room. This is known as "Rooming In."

This time spent together helps you become more comfortable in caring for your baby's needs. You'll quickly learn their cues and understand what he or she wants.

### ROOMING IN MAKES A DIFFERENCE

Rooming in makes a difference to your baby in the following ways:

- Your baby adjusts more easily to life outside the womb when they are close to you.
- When your baby feels your warmth, hears your heartbeat and smells you, they feel safe.
- Your baby gets to know you by using their senses. Babies can tell the difference between their mother's smell and that of another person.
- Your baby's ability to bond with you is highest right now, in the first days of life.
- Rooming In helps babies regulate their body rhythms including heart rate, temperature, and sleep cycle.