The importance of
24-hour rooming-in for families

It is best for families and their baby to stay together 24 hours a day.

This allows the family to get to know each other and to get in harmony with each other. This also provides you with the opportunity to bond with your baby and learn your baby’s feeding cues. Often, babies will awaken and look around, lick their lips and put their fingers in their mouths. You also may observe the “rooting reflex” in your baby, which is a wide opening of the mouth and turning the head back and forth as if looking for a nipple. When your baby cries, he or she is giving you a very late feeding cue, usually after the other cues have not been responded to. If the baby becomes frantic, you may have missed the window of opportunity for a successful feeding session. It is important for parents to understand their infant’s sleep patterns before going home, and it is also important to learn the calming techniques that will help to settle the infant back to sleep.

Your baby has spent nine months in your womb listening to your heartbeat, breathing and voice. After birth, these are the same things that provide a sense of security and comfort to your baby. Babies miss the womb, and skin-to-skin contact with Mom is very reassuring.

For breastfeeding mothers and babies, there also is a release of milk-producing hormones when the baby gives feeding cues. With 24-hour rooming-in, it has been found that the mother’s milk appears in greater volume 24-to-48 hours sooner than in mothers who are separated from their infants. Research has shown there are fewer incidences of breastfeeding problems, such as sore nipples and engorgement in women who take advantage of 24-hour rooming-in. You are actually more rested than when fully awakened by your baby being brought to you crying and is difficult to calm for feeding. Milk-producing hormones also are higher during the evening and night hours, and these feedings are important in the long-term success of breastfeeding.

Parents are the most concerned and observant caregivers in the world, and with the time spent learning from the nursing staff with the baby present, you will go home confident and secure in the knowledge that you know your baby very well and are very comfortable caring for your baby.

We hope this helps answer some of the questions you may have had. Please feel free to ask your nursing staff any questions that were not covered.

Thank you for choosing
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