Rooming-In
Staff Presentation
Rooming-In

• What Is It?
  – Caring for mother and baby together; minimizing unnecessary separation

• Why Are We Doing It?
  – Because we believe, and research supports that the best place for baby is with mother
Rooming In Endorsed by:

- American Congress of OB-GYN (ACOG)
- Academy of Breastfeeding Medicine (ABM)
- Assoc. of Women’s Health, OB & Neonatal Nurses (AWHONN)
- International Lactation Consultant Assoc. (ILCA)
- World Health Organization (WHO)
- United Nations Children’s Fund (UNICEF)
- American Academy of Pediatrics (AAP)
- American Academy of Family Practice (AAFP)
- CDC – mPINC Quality Practice Measure
- JCAHO – BF Exclusivity as a core measure
Step #7
Baby Friendly Hospital Initiative
Practice rooming-in – allow mothers and infants to remain together 24 hours a day
Parents are the most important caregivers for their baby.

Parents have a right to participate in the planning of their baby’s care.
Research Shows

A baby in mother's room will:

• Cry less
• Maintain more stable body temperature
• Encourage mother's mature breast milk to come in sooner
• Stay healthier and have a lower incidence of infant cross-infection
A mother who has her baby with her will:

- Learn more about her baby’s normal responses and sleep-wake cycle
- Bond more easily with her baby
- Be more successful at breastfeeding
- Be more confident
Nurses as Role Models & Teachers for Parents

• We help to model ways for parents to care for their baby
  – Changing diapers, swaddling, bathing

• We help to model ways for parents to relate to their baby
  – How to soothe, what to do when baby cries

• We help parents to understand their baby’s behaviors
  – What to do when baby sneezes, hiccups, normal reflexes
People Retain

• 10% of what they READ
• 20% of what they HEAR
• 30% of what they SEE
• 50% of what they SEE & HEAR
• 90% of what they DISCUSS & PARTICIPATE IN
Care for Baby in Mom’s Room

• Bath
• Nursing Assessments
• Pediatrician Assessments
• Vital signs
• Weights
• Hearing Screening
• Medications
• Labs
Ways To Encourage Rooming-In

• Educate Parents Prenatally & on Admission
• “Better for Baby”
• “Ring your light, I’m here for you”
• Naps during the day
• Limit visitors
• Help dad to learn comfort techniques
• Do not offer separation
• “Just like you will at home…..”
“If we're growing, we're always going to be out of our comfort zone.”
References

• Petersen, M.F., Cohen, J., Parsons, V.(2004). Family-Centered Care: Do We Practice What we Preach? JOGNN, 33 (4), 421-427