

Rooming-In
Staff Presentation

sample

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

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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

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Step #7

Baby Friendly Hospital Initiative

Practice rooming-in – allow mothers and infants to remain together 24 hours a day

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Parents are the most important caregivers for their baby.

Parents have a right to participate in the planning of their baby's care.

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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

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Research Shows

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

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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

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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

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Care for Baby in Mom's Room

- Bath
- Nursing Assessments
- Pediatrician Assessments
- Vital signs
- Weights
- Hearing Screening
- Medications
- Labs

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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.....”

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**“If we're growing, we're
always
going to be out of our
comfort zone.”**

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References

- Lowe, N. (2007). Highlights of Listening to Mothers II Survey. JOGNN. 36 (1), 1-2
- Mullen, K., Conrad, L., Hoadley, G., Iannone, D. (2007). Family-Centered Maternity Care: One Hospital's Quest for Excellence. Nursing for Women's Health. 11 (3), 282-290
- Petersen, M.F., Cohen, J., Parsons, V.(2004). Family-Centered Care: Do We Practice What we Preach? JOGNN, 33 (4), 421-427
- Phillips, C. (2003). Family-Centered Maternity Care. Sudbury, MA: Jones and Bartlett.

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