

Scripting Tool for Rooming In

Keeping Moms and Babies Together!

Moms and babies stay calmer and get more rest when they stay together. “Rooming-in” will help you and your support person develop confidence in caring for your baby and get to know how to respond to your baby’s needs. This is especially important as you get ready to go home. Here are some things to do to help while “rooming-in”:

- Ask your support person to stay overnight in the hospital.
- Call your nurse if you need help calming your baby or help with breastfeeding.
- Get rest when your baby sleeps.
- Talk to family and friends about delaying visits until you get home or visiting just for brief periods.
- Minimize interruptions by asking your nurse to help facilitate “Quiet Time” to let your family rest.
- Use skin-to-skin as often as possible to keep baby calm and to respond to your baby’s earliest feeding cues.
- Keep your baby safe by putting her in her crib if you start to get sleepy.

TOPICS	EXAMPLE SCRIPT
Asking about mother’s feeding choice	“Let’s talk about how you plan to feed your baby while you are in the hospital.”
	“Tell me what you know about breastfeeding.”
Mothers who want to combination feed (breastmilk and formula)	“We’ve learned that the very best thing for both you and your baby is to give her only breastmilk for as long as possible.”
	“While many mothers choose to feed their babies both breastmilk and formula, to be successful at both, it’s important to give your baby only breastmilk until your body has learned to make enough milk and your baby has learned to breastfeed well. Once you’ve accomplished this, introducing formula is easier and you’ll be more successful in reaching your goal for doing both.”
Mother/family request to send the baby to the nursery	“Is there a reason why you’d like your baby to go to the nursery? We’ve learned that moms and babies do better and get more rest when they stay together in the same room. And we’ll give you plenty of support. We usually use the nursery just to observe newborns who are ill. But, tell me what your feelings are about this.” <i>(The response depends upon the reason stated by the mother/family.)</i>
Mother is tired	“We know it’s important for you to rest. Sleeping when your baby falls asleep after breastfeeding is the best time to do that. We can put a sign on your door so visitors and staff do not interrupt while your family is sleeping. It’s important for you to be comfortable sleeping while caring for your baby when you go home.”
“Everyone said to use the nursery while you are in the hospital.”	“We now practice rooming-in to help mothers bond with their babies and get to know their normal behaviors before they go home. Rooming-in helps with breastfeeding, too, because you will hear your baby waking up and you’ll be able to put him to the breast easier when he first wakes up. Waiting for him to cry makes it harder to get him settled to breastfeed.”
Mother had a c-section	“The nursing staff is here to help you. When your baby is in your room, you can use your call light to let us know you need a nurse to come in and help get the baby out of the crib or help you with any baby care. We’ll check on you frequently as well. You can also have your husband or a support person stay 24/7 to help you with the baby. This will also help with the transition home.”