|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  |  |

Rooming-In: Information for Parents

“Rooming-in” at the hospital allows you to stay with your baby for a long period of time (such as 24 hours) and pro- vide all the care for your baby. This experience is like a practice session for taking care of your baby on your own before you go home. It gives you a chance to try all you have learned with a nurse close by for help and advice.

Rooming-in can make the change from hospital to home much smoother for you and your baby. Speak to your baby’s nurse about opportunities throughout your baby’s stay when you could have the opportunity to room-in.

Some hospitals may not be able to provide a 24-hour time frame or individual room for you to stay, but even for you to stay 12–16 hours at your baby’s bedside to provide your baby’s care is helpful for the transition home.

# Before Rooming-In

* Hospital staff will give you instruction, and you will be able to demonstrate all care for your baby.
* You may receive training on equipment to be used at home.
* Your baby’s nurse will review the rooming-in process and make suggestions about what to bring for rooming-in, such as your personal grooming supplies and comfortable clothes.
* You may bring clothes you want your baby to wear during rooming-in time.
* All the supplies you need to care for your baby (such as diapers, bottles, nipples, formula, and blankets) will be in the room with you.

# During Rooming-In

* You provide all care for your baby, including giving medications, changing diapers, and feedings.
* You use any monitoring or other equipment you will need to use at home.
* Take notes on what your baby is doing, what you did and when you did it, and how your baby responded. Things you should note include the time of feedings, number of wet or dirty diapers, times when your baby is fussy, or other things you may have questions about.
* Nurses are available by phone to answer questions and offer assistance.
* One parent or caregiver is expected to stay with the baby at all times.
* Rooming-in is a time for you and your baby; visitation by family and friends who are not primary caregivers is not recommended.

You are almost home. Rooming-in helps you learn more about your baby’s habits, behaviors, and routines *before* going home. It gives you the time to ask questions and gain confidence in caring for your baby.

*© 2018 by the National Association of Neonatal Nurses*