

What is rooming-in?

Some families are encouraged to spend a night or two caring for their baby. Rooming-in helps most families feel more able before going home. The nurses are close at hand if you need them.

There are two bedrooms across the hall from the reception desk for rooming-in. Some rooms in the South area of the nursery are both patient care and parent bedrooms.

When do I room-in with my baby?

The days leading up to taking your baby home can be very busy. Many parents find it helpful to avoid rooming-in the night before taking your baby home.

What if I cannot sleep overnight?

For some families, an over night stay is not possible. You may want to room-in through the day to have more time alone with your baby.

Can my other children stay with me during rooming-in?

No, brothers and sisters may not stay during rooming-in.

What you need to know:

Before rooming-in

- ▶ You will be shown how to reach your baby's nurse and how to get help quickly.
- ▶ Know the front desk phone number which is 7360
- ▶ Remove all soft bedding and stuffed toys from your baby's cot.
- ▶ Your baby's nurse will discuss safe sleeping practices with you before rooming-in. Read the handout "Safe Sleeping for Your Baby".

During rooming-in

- ▶ Your baby's nurse will visit at the beginning of the shift and 4-6 hours later. She needs to assess for herself that all is going well. You may call your baby's nurse at any time.
- ▶ The heart/breathing monitor will be stopped, unless ordered by a doctor.
- ▶ Your baby must be in a cot to move to or from the nursery.
- ▶ Your baby will stay in your room. Babies are not to be taken to public places like the cafeteria or family lounge.
- ▶ Never leave your baby alone in the room. If you need to leave for a short break, bring your baby back to your nurse. In the south nursery, your baby will need to go back on the monitor if you leave the room.
- ▶ We advise you do not invite visitors during your rooming-in time. This is so you can make best use of this time to think about any questions you may have.
- ▶ The door must be left unlocked.
- ▶ Your baby may be cuddled in bed with you.
- ▶ Your baby may not sleep in bed with you.
- ▶ Always place your baby on his/ or her back to sleep

Write down

- ▶ Write down all feeds, large spit-ups and diaper changes on the Baby Feeding Record
- ▶ Write down all medications given on the Medication Chart.