

Rooming with your healthy newborn



Reasons to room with your healthy newborn

- It helps your baby adjust to life after birth.
- It enhances bonding.
- It is less stressful for babies; they cry less and sleep better.
- You will learn your baby's feeding cues.
- You will get as much sleep with your baby in the room as you would if you were separated from your baby.
- The more time you spend with your baby, the sooner you will get to know each other.
- If you are breastfeeding, you will be able to feed your baby more often, your milk will come in sooner and you may avoid early breastfeeding problems.
- You will be better prepared to care for your baby when you go home.
- It is recommended by the American Academy of Pediatrics.
- It is the standard of care for healthy moms and babies to remain together.

Provided as an educational resource by Northwell Health lactation consultants