



## Rooming-in

### Did you know?

Your baby takes comfort when you are close by. Your smell and voice are calming to your baby.

It's good for you and your baby to stay in the same room, day and night, for your entire birthing facility stay, unless a medical need requires separation.

Think about a trusted adult who can stay with you in your room at all times to help support you as you learn to care for your newborn.

If you feel unable to safely care for your infant, ask the staff for help.

## Baby's first bath

The bath can be done right in your room. It is good to delay it until your baby is used to their new life outside the womb.



### Benefits of rooming-in

Easier to learn your baby's feeding cues

Easier to feed any time your baby is hungry

Easier to bond and get to know each other

Helps you learn to care for your baby

Encourages milk production

More rest and sleep for you

Less crying for your baby



## Feeding "on cue"

### Follow your new baby's lead

Responding to your baby's cues helps them feel safe and cared for, as well as satisfied and content. Babies know what they need. Listening to them helps prevent under- or overfeeding.

*"I'm hungry!"*

*Example of a baby bringing their hand to their mouth.*

**Watch your baby, not the clock!**

## Hunger cues

### Signs that your baby is ready to eat

- Fluttering eyes / waking from sleep
- Nuzzling into the breast
- Rooting (opens mouth and turns head)
- Bringing hand to mouth
- Sucking on tongue or hand
- Tight fists held at center of chest
- Crying - If you wait until your baby cries to feed, they may be too upset to eat. If this is the case, calm your baby first by gently rocking them side to side, or try skin-to-skin contact.

## Fullness cues

### Signs that your baby is full

- Eating slows down
- Turns face away
- Relaxed arms, falling away from body
- Stops sucking
- Falls asleep

## Pacifiers

Pacifiers can hide cues that your newborn baby is ready to eat. Avoid using pacifiers until breastfeeding is going well for you and your baby.

## Newborn tummies are very small

In the beginning, there may be times when your baby eats a little bit nearly all the time. This is normal, especially on day 2 of life and during growth spurts. The frequent feeding helps bring in a good milk supply for you. Newborns need to eat a *minimum* of 8 times in 24 hours.

