



**The Women's
Hospital**

JOINTLY PHYSICIAN OWNED

Deaconess

WE'RE BETTER *together*

Why being together in the hospital is beneficial

Promotes Bonding

- Mothers can learn about their newborns responses and behavior.
- Parents become more confident in caring for their babies.

Promotes Feeding

- Mothers learn to recognize babies hunger cues and feed on demand.
- Mothers and babies have more opportunities for skin to skin contact.
- Babies who room in breastfeed more frequently therefore gain more weight and decrease the occurrence of jaundice.

Healthier Babies

- Babies feed more frequently thus increasing breast milk which contains antibodies to help prevent infection.
- Babies cry less which conserves their energy.

Better Sleep

- Babies who room in with their mothers sleep deeper and longer.
- Mothers sleep better when babies room in with them.

Promotes Education

- Increases learning opportunities.
- Improves communication between family and healthcare providers/hospital team members.
- Family members are better prepared for caring for baby at home.

