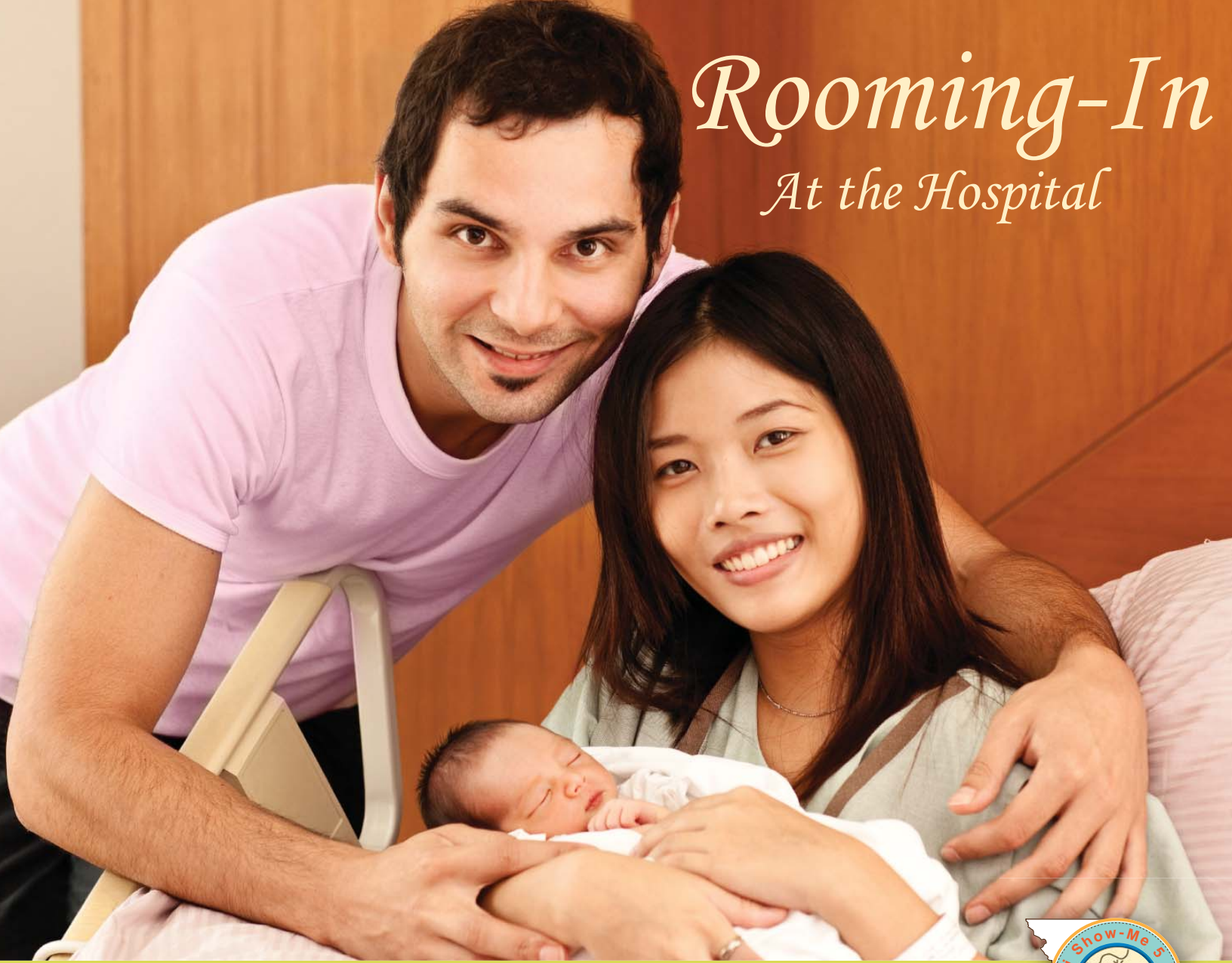


# Rooming-In

## At the Hospital



## Getting To Know Your Baby



**It is best for moms and babies to room together throughout the hospital stay.**

- ♥ A mother gets to know her baby by holding, cuddling and responding to baby's cues.
- ♥ Babies cry less and are easier to calm.
- ♥ Moms get more rest and sleep better.
- ♥ It is easier to learn to breastfeed and babies will gain weight faster.
- ♥ Parents gain confidence that they can care for their baby.