

Rooming-in

Get to know your baby and let your baby know you



For a great start, nurse your baby in the first hour of life and plan on rooming-in.

Babies who room-in and are skin-to-skin get to:

- ❁ Smell you
- ❁ Hear you
- ❁ Feel you
- ❁ Nurse from you
- ❁ Stay Warm
- ❁ Be calmed and loved by you