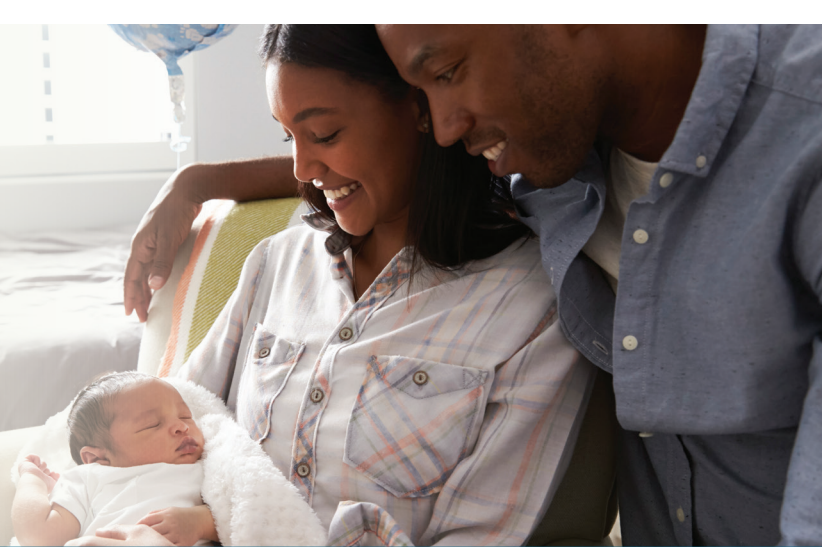


Rooming In



To promote bonding and breastfeeding, ask that your baby remain with you in your room, day and night, for your entire hospital stay. Another adult can also stay with you to help with the baby. Ask your nurse about ways to manage baby's nighttime wakings.

When your baby stays in the room with you day and night, some amazing things happen!

Benefits to baby:

- + Cries less
- + Gets more sleep
- + Gains more weight
- + Gets to know family quicker

Benefits to mom:

- + Learns baby's feeding cues and other signals
- + Gets a deeper, more restful sleep
- + Bonds faster with the baby
- + Experiences easier, faster milk production
- + Develops more confidence as a mother



How often should your baby eat?

Babies should initially eat eight or more times in a 24-hour period for healthy weight gain. Some babies may need to be awakened to feed this often. Sometimes a baby will want to nurse again soon after a feeding! This is called cluster feeding and is normal.



Did you know?

It is normal and healthy for babies to wake at night. Your baby may be very sleepy the first night, so you should sleep whenever the baby sleeps.

Most babies will begin to wake often on their second night. You should nap during the day when your baby naps, so you have energy for frequent nighttime feedings.

Questions? Ask a lactation consultant for free!

Call 912-466-3184

In the hospital: Ask your nurse to page the lactation consultant.



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