SECTION 4

4.1 ROOMING-IN

Rooming-in is a term used when parents give total care to their baby in a home-like environment (private room) in the hospital. This is a time when parents can gain confidence in caring for their baby and ask questions. Rooming-in allows parents to provide all of their baby’s care and have help readily available, if needed. When rooming-in, you will be given all the necessary supplies to care for your baby. **We will ask you to keep a record of feedings and urine and stool for us.**

When your baby is transferred to a room with you, it will probably be almost time for you to go home and be a “family.” Rooming-in can make the change from hospital to home much smoother for you and baby. Parents may room-in on several occasions if they feel the need to do so or if the baby has special needs.

The next sections provide information on items to bring to the hospital and safety tips to follow when rooming-in. Rooming-in will be great! You are almost home!

**Parent items to bring**
- Picture identification (for example, driver’s license).
- Car seat with approved features (harness to go over head and neck and slits on each side for seat belt).
- Clothing for baby to wear home and four receiving blankets (two blankets will be used for side rolls in the car seat).
- Sleepwear and change of clothing for you, as well as toiletries or other personal items needed.
- Food and drinks to be consumed while rooming-in; no alcoholic beverages are allowed.  
  *Meals provided to breastfeeding moms.*

**Parent reminders:** The goal of rooming-in is to aid parents in preparation for going home with their baby. Assistance will be available if needed.

**Safety tips**
- Never leave infant alone or unattended!
- Keep rooming-in recording sheet up to date.
- **Call for help at any time at ext. 2-3361 or ext. 2-0772.**
- Sound the emergency call button if a nurse is needed immediately because of baby’s condition.
- **Do not smoke – it is not allowed!**
- Return baby to the NICU when you need to take a shower or need a break.
- When the need for bathroom use arises, if alone, leave bathroom door open and place crib next to bathroom door.

**Family unit support**
Nurses will be in periodically to offer assistance, answer questions, and continue or review discharge teaching.