

Mother Baby Bonding

AT WHITE PLAINS HOSPITAL

Rooming-In What is rooming-in? Rooming-in enables the mother and her newborn to remain together 24 hours a day, regardless of how an infant is fed. Rooming-in begins the moment the baby is born, and placed skin-to-skin with mother to facilitate bonding and breastfeeding. Your baby will stay with you throughout the recovery period, until discharge from the mother-baby unit.

Why is this important? Rooming-in supports the *Ten Steps to Successful Breastfeeding* and confidence in infant feeding. You and your newborn can work together, along with the help of your nurse and lactation consultant, to learn breastfeeding skills and to better understand your newborn.

What about skin-to-skin? Skin to skin is the best way to regulate your newborn's body temperature and stabilize his or her glucose levels. By practicing rooming-in you will be promoting skin-to-skin time and allowing for more breastfeeding opportunities.

What if I need a break? Don't be alarmed! If you need some rest, our staff will be available to help care for your baby. We are here to support you. We aim to minimize any unnecessary mother-baby separation, but understand mothers do need breaks too.



Here at White Plains Hospital, we promote rooming-in to support the mother-baby bonding experience. During this special time, you will get to learn about your baby while supporting breastfeeding success.

We aim to support you on this beautiful journey ahead, beginning with your newborns first days.