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.

Missouri Department of Health and Senior Services • WIC and Nutrition Services • Breastfeeding Program • 573-751-6204 • health.mo.gov/breastfeeding
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