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# Rooming-in – Information for mothers



## Dear mothers,

Here in the Mother-and-Baby Ward of Innsbruck University Hospital's Dept. of Gynaecology and Obstetrics we offer rooming-in – that means you can have your baby with you at all times.

Rooming-in allows you to strengthen the bond with your baby right after the birth and to establish a strong emotional attachment. You can hold, stroke, cuddle and breastfeed your baby whenever you want.

Rooming-in lets you get to know your baby more quickly, it lets you respond to his or her needs immediately, and it helps you to understand your baby's cues and cries.

We are here to help you take care of your baby; we can show you how to change and bath your baby, how to dress and undress him or her, and how to clean and care for your baby's umbilical stump. This can all be carried out in your room.

Our specialised nursing staff are also here to offer advice and help with breastfeeding.

Rooming-in promotes and simplifies breastfeeding; you can feed your baby at any time and as often and as long as he or she wants. You will also be given a separate brochure on breastfeeding which offers valuable and interesting information.

An open and trusting relationship between mothers here in the ward and the nursing staff is very important so that should you at any time feel overwhelmed by the new situation or have any concerns, you can turn to someone you feel comfortable with who can offer you help and advice.

## Rooming-in is not a must!

If you are feeling tired or worn out, you can leave your baby for a few hours where he or she will be well looked after by qualified, registered paediatric nurses or midwives.

## Advantages of rooming-in

- ✓ Promotes breastfeeding
- ✓ Reduces the risk of infections, strengthens the immune defence
- ✓ Reduces weight loss in the baby
- ✓ The baby cries less and sleeps better, and it eases the transition from hospital to home
- ✓ Rooming-in also promotes the return of the uterus to its pre-pregnancy state and reduces bleeding

## Rooming-in safety precautions for you and your baby

- ✓ Never leave your baby unattended – especially on the changing table
- ✓ Ask for safety rails to be fitted to your bed if you want your baby to sleep together with you
- ✓ Over longer distances, always transport your baby in the cot provided

**If you notice anything unusual in your baby or are concerned about anything, please tell a member of the nursing staff immediately.**

The team here in the Mother-and-Baby Ward is available at all times to answer any questions you may have.