

Congratulations on your pregnancy!

The staff at Mercy Birth Center want you to be prepared for your new arrival and hospital stay. We practice 24 hour rooming-in for all of our stable mother-baby pairs for these important reasons:

Promotes Bonding

- Mothers can learn about their newborns responses and behavior
- Mothers become more confident in caring for their babies

Better Weight & Less Jaundice

- Rooming-in promotes: breastfeeding success, mother's milk supply, breastfeeding duration, and better weight gain.
- Staying in the nursery, even just between feedings, is associated with decreased milk consumed, more formula given, and greater infant weight loss.

Better Sleep

- Babies who room-in with their mothers sleep deeper and longer
- Mothers sleep better when babies room-in with them
- Babies cry less which conserves energy

Promotes Education

- Increases educational opportunities
- Improves communication between family and staff
- Facilitates discharge planning