

## Purua tō tamaiti i roto i te wahakura kia atawhaitia i ā ia

A separate sleeping space ensures your child's safety

# ROOMING

## In

The best place for a new born baby to be is with you. Rooming-in means you and your baby stay together day and night so you get to know baby's feeding cues, establish breastfeeding and a life-long relationship with your baby. While in hospital your baby will sleep in a cot next to your bed, where you can watch and respond. At home, your baby would sleep in a wahakura, pepi-pod, bassinette or cot in the room where you sleep.

### Rooming-in:

- Supports successful breastfeeding
- Improves your sleep and your baby's sleep
- Decreases your baby's stress and crying times
- Lets you learn to recognise your baby's signs of hunger and other needs
- Allows your baby to feed more frequently. This helps to maintain your milk supply and a healthy weight gain for your baby





For safe sleep:

- Always sleep baby on their back
- Sleep on a firm mattress
- No pillows
- Keep your baby's face clear of blankets
- No loose articles - toys or bumper pads
- No gaps between mattress and the side of the wahakura or bassinette
- Never let other children sleep with your baby

Rooming-in is safest when you are alcohol, drug and smoke-free, and not exhausted.

For information on safe sleep and SUDI prevention, see the Ministry of Health pamphlet, "Keep Your Baby Safe during Sleep".



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