

How Rooming-In Helps Babies Heal

Parent stays in the room with baby

Baby feels safe and calm

Baby and parents' nervous system settles

Baby eats better

Baby sleeps longer

Baby is comforted more easily

Less need for medication

Shorter stay and stronger bonding



When parents stay with their baby, healing happens faster.

Rooming-in allows babies to stay close to their parents instead of being separated. A parent's voice, touch, and presence help regulate a baby's nervous system, making it easier for them to eat, sleep, and calm.

Babies who room-in often need less medication, experience fewer withdrawal symptoms, and go home sooner. Just as importantly, parents gain confidence in caring for their baby, strengthening bonding from the very beginning.

At Hushabye Nursery, rooming-in is a key part of care because babies heal best when families stay together.