

Importance of Rooming in

**Enables
demand feeding**

**Calms the mother
& baby and
helps to increase
bonding
between them.**

**Reduces
exposure
to infection**

**Allows frequent
feeds, for
good milk
production**



Rooming-in allows mothers to recognize hunger cues of the baby

EARLY CUES (I'm hungry)



Seeking /rooting



Mouth opening



Turning head

MID CUES (I'm really hungry)



Stretching



Increasing physical movement



Hand to mouth

LATTE CUES (calm me , then feed me)



Crying



Agitated body movements



Colour turning red