

# Taichung Armed Forces General Hospital

## Leaflet of Inpatient Nursing Instructions

### 親子同室介紹之護理指導

Sir/Lady:

Nursing instructions for introduction to rooming-in of parents and infant

#### I. What is rooming-in of parents and infant:

Rooming-in refers to the practice where the baby is cared for in the same environment as the mother after birth. This not only promotes the parent-child bond but also helps the mother breastfeed according to the baby's needs. It allows parents to feel more confident when caring for their baby once they go home after discharge, while having positive impacts on the baby's health and development.

#### II. Benefits of rooming-in:

- (1) Sufficient rest for mother: After birth, the mother can breastfeed the baby whenever needed. If she feels tired, she can adjust her position and breastfeed while lying down, allowing her to rest fully.
- (2) Increased feeding frequency for baby: This helps reduce the chances of the mother experiencing engorgement.
- (3) Promoting parent-child bond: Rooming-in increases interaction between family members and the newborn without the restriction of visiting hours in the nursery, providing opportunities for direct contact with the baby and fostering a strong parent-child relationship.
- (4) Reduced risk of hospital-acquired infections in the baby.
- (5) Reduced need of running back and forth to the nursery, giving the mother more time to rest.
- (6) Increased success rate of breastfeeding: During rooming-in, the mother can adjust feeding times based on the baby's physiological needs and her own milk production. This provides the baby with more natural, warm feeding sessions, fully satisfying the baby's physiological needs and ensuring a sense of security.
- (7) Opportunity to learn baby care techniques: By rooming-in, new parents can learn how to breastfeed, change diapers, take the baby's temperature, recognize abnormal changes in the baby, and handle emergency situations.

#### III. Precautions for rooming-in:

- (1) All coming into contact with the baby must wash their hands first.

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- (2) Visitors who are sick with contagious diseases (such as cold, diarrhea, tuberculosis, chickenpox, measles, upper respiratory symptoms, or fever) should not visit.
- (3) If a family member needs to leave or the mother needs to go to the bathroom, the baby should be handed over to a member of the nursing staff for care. Never leave the baby alone in the room.
- (4) Caregivers should always observe the baby's breathing rate (which should be stable) and skin color (which should be rosy) and immediately notify the medical professional if any abnormal conditions are noticed.

If you are still unclear about something or have any questions, please contact the nursing station in the ward