

Quiet Time on the Maternity Unit

Dear Parents,

The Maternity Unit at Newton Wellesley Hospital has an innovative way for you to spend uninterrupted time with your new baby. Each afternoon between the hours of 2:00 and 4:00pm the Unit will “quiet down” so you may rest with your baby. The only interruption during this time would be for essential patient care.

Having this Quiet Time will benefit you and your baby by decreasing your fatigue, increasing your bonding time, and allowing you to become familiar with your baby’s feeding cues. Please ask that your visitors delay their visit with you until after that time of day.

We look forward to providing the highest quality care during your stay on the Maternity Unit. We hope you find Quiet Time beneficial for you and your family.

Thank you,
The Maternity Unit Staff

Rooming In

What is Rooming In?

Rooming In is an arrangement in the hospital where a newborn infant is kept in the mother's hospital room instead of a nursery.

How will baby and I benefit from Rooming In?

- Rooming In encourages the attachment of mother and baby
- Rooming In maximizes mother and baby's joyful interaction
- Rooming In enhances baby's natural physical connection to his/her mother
- Rooming In gives confidence for nighttime parenting
- Rooming In provides more opportunities for success for breastfeeding mothers
- Rooming In enables babies to get to know their mothers by using their senses: feeling their mother's warmth, hearing her heartbeat, smelling her. This increases babies' feelings of safety and well-being, and makes it easier for them to adapt to life outside the womb.
- Rooming In enhances early attachment of mother and infant, which has a positive effect on the baby's brain development. Both mother and baby's attachment instinct is highest during the first days of life.
- Rooming In also helps babies regulate their body rhythms, heart rate, temperature and sleep cycles.

After the birth, Rooming In is the most important way to keep mothers and infants connected as they begin their life together.