

Keep Baby Close! Everyone will get rest.

✓ KEEP BABY IN MY ROOM

✓ CONTINUE SKIN TO SKIN

✓ QUIET HOURS



1

ROOM IN WITH BABY

Keep your baby in your room with you so you can learn about each other.



2

ASK FOR QUIET TIME

Ask the nurse for quiet time each day so you and your champion can rest and bond with your baby.



3

TALK WITH VISITORS

Ask family and friends for private time to rest and learn how to breastfeed.



4

GET SOME REST

Take a nap when your baby rests. You both need time to recover from the birth.



5

DO SKIN TO SKIN

Hold baby on your bare chest as often as you can. Your champion can do it, too!



6

KEEP BABY SAFE

Place baby in the crib by your bed when he/she is in a deep sleep or you are ready to rest.

How to Get Rest When Rooming-In At Night

- Moms and babies are calmer and get MORE rest when baby is near.
- Ask your champion to stay the night.
- Breastfeed on your side to get more rest.
- Call your nurse if you need help calming the baby.

Rooming-in helps you and your champion become confident caring for your baby. Especially at night! This helps prepare you to care for baby once you're home. Remember: your nurse is only a call button away if you need help!

Group Hug

New love grows best by spending time together. You and your champion have waited a long time to meet your baby. So enjoy this special time holding and loving your baby together (with skin to skin as much as possible). You'll never regret it!

Just For Visitors How to Help Mom Get Rest

Having a new baby is one of life's greatest joys. It can also be tiring right at first. Both mom and baby need to rest and recover from the birth. You can help!

- Limit your visit to 30 minutes so mom and baby can find time to rest.
- Remind mom to nap when baby naps. Rest will help her body heal.
- Help her dim the lights and turn down the TV so she and baby stay calm.
- Urge mom to set aside "quiet time" each day. This is a special chance for her and her champion to rest and bond with the baby.
- Give mom privacy if baby gets hungry. Step away so she can relax.
- Ask mom how she wants you to help.

Safe Sleep

Everyone can help keep the baby safe.

- Be sure you are well rested before picking up or holding the baby. This helps prevent falls.
- Place the baby in the crib when you are sleepy.
- Keep the baby's crib near mom's bed so she can reach him easily.
- Place the baby on his or her back to sleep.
- Keep blankets, pillows, and stuffed animals out of baby's crib.
- Remove the baby's cap while he or she is asleep. Caps can come loose.



How You (Her Champion) Can Help Mom!

The best way to stay in love is to spend your time together as a family. As mom's champion, you can help share the joy and make this a special time you will all treasure!

- **Stay with mom** in her room so you can get to know baby, too.
- Help mom **calm the baby** when he/she becomes upset.
- Hold the baby **skin to skin**. Baby loves being close to you, too!
- **Protect your privacy**. Ask visitors and nurses to give you quiet time each day.

Your Visual Guide

Use your Coffective app to learn more about ways to enjoy special time with your baby.

Don't have the app?

Just search the app store for "Cognitive" and get started!

