



Rest is healing

Rooming-in provides healing results for mom and baby

Having a baby is exciting but can be exhausting. That's why it's called "labor." After the birth of a baby, our family-centered staff in the birthing centers at Fairview and Lakewood hospitals want to help moms learn how to rest and care for their newborns in a comfortable and effective way.

"As part of our world-class care for new moms and babies, our staff encourages the evidence-based practice of 'rooming-in,'" says Rebecca Starck, MD, chair of the Department of Regional Ob/Gyn at Cleveland Clinic. "This practice allows mothers and infants to remain together 24 hours a day, shown by research to be the best way for both mom and baby to rest and establish a routine."

Why Room-In?

Rooming-in benefits include:

- ✓ Better quality sleep for mom and baby
- ✓ Increased parent confidence in handling and caring for baby
- ✓ Earlier identification of early feeding cues
- ✓ Improved breastfeeding experience
- ✓ Less infant crying and distress
- ✓ Development of better sleep/wake cycle for infant
- ✓ Less "baby blues" and postpartum depression
- ✓ Parents who are better rested and more relaxed by the end of the first week home

Tips for Success

"The best advice I can give new parents is to learn how to rest when your baby sleeps—day and night in the first days," says Dr. Starck. "Early in the newborn period, babies eat frequently, and find comfort and security in being close to you, recognizing your voice, your smell and your heartbeat."

Learning how to feed a newborn can be easier when moms learn to read their baby's early hunger cues and sleep/awake states. Keeping baby close helps moms learn how to feed and care for them while our expert staff is close by to assist.

"Should moms choose not to room-in after delivery, our staff will respect their decision and care for their baby in the nursery," says Dr. Starck. "Our goal is to provide parents with informed choices and to support them in a comfortable and nurturing environment."

Whatever moms choose, we ask them to tell us their wishes so we meet their needs and expectations during their stay. It is our goal to provide moms and babies with the best possible care while preparing them for an easier transition at home.



Rebecca Starck, MD
Ob/Gyn

Specialty interests: menopause management, general women's health and alternatives to hysterectomy

LEARN MORE ABOUT BIRTHING SERVICES

To learn more about the unique birthing services offered at both locations, visit fairviewhospital.org or lakewoodhospital.org.

Lakewood Hospital Receives Baby Friendly Designation

We are pleased to announce that Lakewood Hospital has received Baby Friendly Designation from Baby-Friendly USA, the authority for the Baby Friendly Hospital Initiative in the U.S. The initiative is a global program sponsored by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) to encourage and recognize hospitals and birthing centers that offer an optimal level of care for infant feeding.

Lakewood Hospital is the first hospital with the designation in Northeast Ohio and the first Cleveland Clinic Hospital to receive the designation. Lakewood is the fourth hospital in Ohio to be designated. Fairview Hospital is in the process of obtaining Baby Friendly designation, too.

Congratulations to all our employees and staff at Lakewood Hospital who worked so hard to obtain this designation!