



The Keystone 10 Initiative

Step 7: Practice “rooming-in” – allow mothers and infants to remain together 24 hours a day.

Beginning with skin-to-skin contact immediately after delivery, mother and infant should remain together throughout their stay, from the transition period as well as in the patient room until discharge, unless contraindicated or by mother’s choice. Allowing families and healthy infants to remain together (rooming-in) day and night is positively associated with breastfeeding duration, exclusivity, and the establishment of milk supply. Rooming-in is an essential component in enabling families to practice frequent skin-to-skin contact and respond to their infant’s feeding cues. It offers families the opportunity to learn early hunger cues such as rooting, mouthing, and wakefulness which enables them to quickly respond thereby reducing infant crying and frustration. Regardless of family feeding decisions, rooming-in is an important element of family-centered maternity care that provides opportunities for families to interact and learn to care for their infant before going home.

Facilities with optimal infant feeding and care practices should expect all families and healthy infants room together 24 hours per day or have medically justifiable reasons for being separated. Families that request to have the infant cared for out of the room should be educated about the advantages of rooming-in 24 hours a day. If after the education the family wishes to proceed with the separation, the education provided and reason for separation should be documented. In the case of separation due to family request, infants are expected to be returned to their families for feedings at the earliest hunger cues, except in the case of clinical contraindication. For Keystone 10, facilities should have documentation (in the four months prior to submission of the application) proving that **80%** of families and healthy infants have roomed together 24 hours per day.

Routine care (such as bathing, bloodwork, and infant assessments) during rooming-in should occur at the bedside. This enhances continuity of care and families become better informed about how to care for their infants. If infants are separated from their families for a clinical need that must happen outside of the patient room, the separation should be as short as possible (preferably less than one hour).

The Keystone 10 Toolkit provides step seven implementation strategies, best practices, and suggestions for evaluating success on pages 111 - 115. Tab 11 in the toolkit, Resources for Each Step, provides resources for implementation, a facility impact worksheet, a rooming-in information sheet for families, along with a rooming-in checklist and infant-feeding patient survey for step seven.

For completion of this step, the facility should ensure:

- Families and healthy infants remain together from birth through discharge to the extent possible
- Families are assisted in learning to recognizing early feeding cues
- Families practice frequent skin-to-skin contact



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Application Form for Step 7:

Practice “rooming-in” – allow mothers and infants to remain together 24 hours a day.

Birth facility name: _____

Address: _____

City, Zip: _____

Name of the person completing this application: _____

Position: _____

Email Address: _____

Telephone Number: _____

Validation of completion of Step 7

7.1 What percentage of families and infants remain together during the transition from Labor & Delivery to the patient’s room, unless separation is medically indicated?

a. Provide your facility’s percentage here:

b. What was the percentage based on?

Chart review Other (please specify in the box below):



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- c. In the box below, describe how separations are documented in patient charts (such as: procedure, length of separation, etc.).

7.2 What percentage of families remain together (rooming-in) 24 hours a day, unless separation is medically indicated?

- a. Provide your facility's percentage here:

- b. What was the percentage based on?

- Chart review Other (please specify in the box below):



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7.3 In the box below, describe how the facility has adapted their routine care to allow infants to receive routine care at the mother's bedside?

**Thank you for completing this application.
Please refer to the application instructions page for submission guidance.**