**How to use this example guideline**

This document is an example to hospitals of a written guideline from which content can be borrowed and applied to individual hospital guideline templates. Not all information needs to be included in a guideline or the body of a guideline. Hospitals must still use their internal approval process for publishing practice documents.

**Rooming in**

1. The following rooming-in principles apply to all patients and newborns, including those affected by substance use.
   1. It is the standard of care to have newborns room in with their care givers.
      1. Exclusions: The birth parent is in the ICU or there are medical reasons outside of neonatal abstinence syndrome (NAS) for the infant to be in the NICU/special care nursery.
   2. Provide education to the patient about expectations of rooming in, newborn security, and safe sleep.
      1. Staff and providers will perform procedures, assessments, huddles, and handoff report in the room as much as possible
      2. Inclusion of support people who will help care for the newborn should be encouraged, especially:
         1. For newborns requiring additional support to eat, sleep, and console
         2. If caregiver is drowsy, sleepy
      3. When a caregiver is drowsy or sleepy, the newborn will be placed in the crib or with another alert adult to avoid co-sleeping
      4. No co-bedding or sleeping as this increases the risk of falls/drops and suffocation