

## What is rooming-in?

Rooming-in is a period of time when you will provide all of your child's care in the hospital. You will show the CIRU care team what you have learned to take care of your child at home. During rooming-in, you will:

- Care for your child for 24 to 48 hours.
- You do both day and night tasks.
- Do all of your child's care like you will at home.

## How does rooming-in help me and my child?

Rooming-in allows you to:

- Do all of your child's care so you are sure that can do it at home.
- Know what concerns or questions you might have at home.
- Talk with your child's nurse quickly and easily if you need help.

## When does rooming-in happen?

Most often, it happens:

- 1 to 3 weeks before your child's discharge date (time to go home).
- After the nurses and therapists have taught you how to care for your child.
- After the case manager talks with you about when you can stay without leaving for 1 to 2 days.

## What do I do for my child while rooming-in?

You will take total care of your child. Some things you might do are listed in the chart below.

Time of day	Sample task
Morning	<ul style="list-style-type: none"><li>• Wake up your child.</li><li>• Check their skin for any red areas or irritation.</li><li>• Change their diaper, catheterize them or take them to the toilet if needed.</li><li>• Dress them.</li><li>• Get them out of bed.</li><li>• Feed them or give them a tube feeding.</li><li>• Wash their face and brush their teeth and hair.</li><li>• Give them any medicines, breathing treatments or other treatments needed.</li><li>• Care for any tubes, drains or dressings.</li><li>• Take them to therapy sessions.</li><li>• Change their bed.</li></ul>

**In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**

# CIRU rooming-in, continued

Time of day	Sample task
Lunch time	<ul style="list-style-type: none"><li>• Feed them or give them a tube feeding.</li><li>• Give them any medicines, breathing treatments or other treatments needed.</li><li>• Put them back to bed for a rest.</li><li>• Check their skin for any red areas or irritation.</li><li>• Change their diaper, catheterize them or take them to the toilet if needed.</li></ul>
Afternoon	<ul style="list-style-type: none"><li>• Get them out of bed.</li><li>• Take them to therapy sessions.</li></ul>
Dinner time	<ul style="list-style-type: none"><li>• Feed them or give them a tube feeding.</li><li>• Give them any medicines, breathing treatments or other treatments needed.</li><li>• Change their diaper, catheterize them or take them to the toilet if needed.</li><li>• Put them back to bed for a rest.</li></ul>
Bedtime	<ul style="list-style-type: none"><li>• Complete their bowel program if needed.</li><li>• Change their diaper, catheterize them or take them to the toilet if needed.</li><li>• Give them a bath and dress them for bed.</li><li>• Check their skin for any red areas or irritation.</li><li>• Give them any medicines, breathing treatments or other treatments needed.</li><li>• Care for any tubes, drains or dressings.</li></ul>
During the night	<ul style="list-style-type: none"><li>• Give them any medicines, breathing treatments or other treatments needed.</li><li>• Give them tube feedings as needed.</li><li>• Turn them, as needed, to prevent skin breakdown.</li><li>• Change their diaper, catheterize them or take them to the toilet if needed.</li></ul>

## How do I get their medicines?

**You need to call the nurse to bring all of your child's medicines to you. Your child's nurse will not bring them to you until you ask.**

Talk with your child's nurses about what times will work at home. It is good to practice so you learn what medicines to give and when to give them. You should call for the medicines within the 1 hour before or 1 hour after the scheduled time.

When it is time for your child to go home, the case manager will make sure all of your child's home medicines will be ready for pick up.

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# CIRU rooming-in, continued

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## How can I prepare?

We want you to feel relaxed and comfortable during rooming-in. Some tips to help you prepare are listed below.

- Your child’s nurse will give you a daily schedule for your child. It will include their medicines, feedings and other needs.
  - You do not have to memorize what to do and when.
  - Think about how you would do things at home.
- Take care of yourself. Eat healthy meals and snacks. Get as much rest as you can.
- Keep all of the teaching sheets and instructions the care team gave you during your child’s hospital stay.
  - Review them **before and during** your room-in.
  - Take notes on them when you are learning. This can help you remember what to do.
- Practice the skills you learn. You will feel more prepared if you care for your child often during their hospital stay.
- Talk with your child’s care team anytime you have questions or concerns. Keep a notebook to write them down.

**This teaching sheet contains general information only. Talk with your child’s doctor or a member of your child’s healthcare team about specific care of your child.**

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