

How to Care for a Baby with NAS



Use the Right Words

I was exposed to substances in utero. I am not an addict. And my parent may or may not have a Substance Use Disorder (SUD).



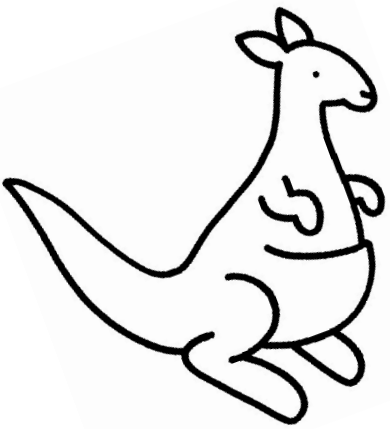
Treat Us as a Dyad

Parents and babies need each other. Help us bond. Whenever possible, provide my care alongside them and teach them how to meet my needs.



Support Rooming-In

Babies like me do best in a calm, quiet, dimly-lit room where we can be close to our caregivers.



Promote Kangaroo Care

Skin-to-skin care helps me stabilize and self-regulate. It helps relieve the autonomic symptoms associated with withdrawal and promotes bonding.



Try Non-Pharmacological Care

Help me self-soothe. Swaddle me snugly in a flexed position that reminds me of the womb. Offer me a pacifier to suck on. Protect my sleep by "clustering" my care.

Support Breastfeeding



Breast milk is important to my gastrointestinal health and breast feeding is recommended when my parent is HIV-negative and receiving medically-supervised care. Help my parents reach their pumping and breastfeeding goals.



Treat My Symptoms

If I am experiencing withdrawal symptoms that make it hard for me to eat, sleep, and be soothed, create a care plan to help me wean comfortably.