

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 their's 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 moms are 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.



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www.perinatalharmreduction.org



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