

Eat, Sleep, Console (ESC)

Caring for your baby with love

Babies who experience NAS may need some extra love and tender care in the first days following birth. Like any baby, we want to help your baby eat well, sleep well and be able to be consoled. With your help, we will assess your baby's eating, sleeping and consoling (ESC) every few hours. There are some important things you can do to help your baby with ESC.



Rooming-In

Stay with your baby during your baby's stay in the hospital as much as you can. We want to help you be there the whole time. If you cannot, please let us know so we can provide your baby with the support she needs.



Skin-to-Skin/Kangaroo Care

Skin-to-skin care helps your baby feel safe, warm and connected. It has been shown to decrease the symptoms of NAS and also helps you connect and fall in love with your baby. It helps you both release lots of hormones that are healthy and healing for your body and mind. Skin-to-skin may make you feel sleepy. If you think you might fall asleep, ask for help. We will help keep you safe so that you and your baby get what you need.



Swaddle/Cuddle/Suckle

Swaddling snugly in a flexed position reminds your baby of the womb. She may need to suck on a pacifier. She may need to be held in your arms or in someone else's arms while walked, rocked or gently patted. Baby carriers or wraps can be very helpful so that you can have your arms free to eat or do other things.



Quiet/Calm

Your baby needs a quiet, calm environment. Noise and bright lights are stimulating to the nervous system and can make the symptoms of withdrawal worse. We recommend limiting visitors while in the hospital and the first few weeks home to allow your baby time to adjust. If you like, we can help you educate your family and visitors about your baby's need for a quiet environment.



Feed/Breastfeed

Most of the time, breastfeeding is recommended, even if a mom is on medication assisted treatment. Be sure to talk with your care team before birth to learn more about breastfeeding for your baby. Your baby will need frequent feedings and it may take him a little longer to learn how to suck and feed well. We will help you with feeding or breastfeeding your baby.



Getting Help

Often, parents believe that they have to care for their baby by themselves to show the care team they are ready to go home. When your baby is born, you are also born as new parent, and new parents need help, at the hospital and at home. One of the most important things you can do for your baby is to ask for and take help when needed. It is sometimes hard to do, and we are here to help you. Talk with your care team about the help that is offered in your hospital to care for your baby during her stay.