

How can you help your baby?

We are here to help you!

Use Comfort Measures

1 Feed on demand

- ▶ Feed whenever your baby seems hungry - at least 8-12 times per day
- ▶ Breastfeeding is best!

2 Let your baby sleep

- ▶ Limit noise and visitors
- ▶ Dim the lights
- ▶ If you are awake, baby can sleep in your arms
- ▶ If you are sleepy, baby should sleep on his/her back in an approved crib

3 Be with your baby

- ▶ Rooming-in lets you quickly respond to your baby
- ▶ Hold your baby skin-to-skin

4 Practice calming skills

- ▶ Make soft, shushing sounds, and gently rock your baby
- ▶ Swaddle your baby. Our staff can show you how

You are the best care for your baby



If your baby loses too much weight, cannot be consoled, or has a fever over 100.4°F

- ▶ Call your pediatrician: _____
- ▶ Call Peds After Hours Clinic: (352)265-0724
- ▶ Call Peds Emergency Room: (352)265-5437

If you are having trouble coping, feeling depressed, or struggling with your opioid treatment plan

- ▶ Call your doctor: _____
- ▶ Call your local Crisis Line: Dial 2-1-1
- ▶ Call the Alachua County Crisis Center: (352)264-6789

We are here to support you and your baby



Materials adapted with permission from the Florida Perinatal Quality Collaborative and Dartmouth – Hitchcock Medical Center



Neonatal Abstinence Syndrome

Caring for your Newborn



What is NAS?

Neonatal Abstinence Syndrome (NAS) happens when a baby withdraws from opioids after birth. We will keep your baby at the hospital to check for signs of withdrawal. Some common symptoms are high pitched crying, jitters, and tight muscles. For most babies, these symptoms show up 1 – 5 days after birth.

Expect to see some signs of withdrawal



Symptoms of NAS

- ★ High pitched cry
- ★ Jitters/Shaking
- ★ Tight muscles
- ▶ Trouble gaining weight
- ▶ Trouble sleeping
- ▶ Hard time feeding
- ▶ Vomiting
- ▶ Diarrhea
- ▶ Yawning
- ▶ Sneezing/stuffy nose
- ▶ Fast breathing

Hospital Care

Your baby will be in the hospital for at least 5 days

Care Team

- ▶ You will work with doctors, nurses, social workers, breastfeeding specialists, and occupational therapists.
- ▶ Sometimes, the Department of Child and Family Services will help plan for a safe discharge.

Care Plan

- ▶ We will watch your baby closely for signs of withdrawal every few hours.
- ▶ We will check how well your baby eats, sleeps and calms down.
- ▶ Some babies need morphine for treatment. If your baby gets medicine, he/she may stay in the hospital for more than 5 days.
- ▶ Some babies need extra calories and will get breastmilk mixed with formula.

We will teach you the skills you need to care for your baby. Ask questions!

It is safe to breastfeed your baby



Empowering You

You are the best treatment for your baby

- ▶ Practice the calming skills on the front of this pamphlet.
- ▶ Learn your baby's hunger cues. Our staff can teach you about these signs.
- ▶ Breastfeed! It is safe to take your prescribed medications (Subutex or Methadone) while breastfeeding.
- ▶ Keep track of how well your baby eats, sleeps, and calms down. Write down tips that work.

Write down any questions you have and ask your care team.



Transition to Home

Caring for your baby

- ▶ Take your baby to his/her doctor 1 – 2 days after leaving the hospital.
- ▶ Make a daily routine for feeding, sleeping, and cuddling.
- ▶ Continue using comfort measures the same way you did at the hospital. *Never shake your baby.*

Caring for yourself

- ▶ Always take your prescribed medicine.
- ▶ Rest when your baby is sleeping.
- ▶ Get help immediately if you are worried about sticking to your opioid treatment plan. (see back side)