



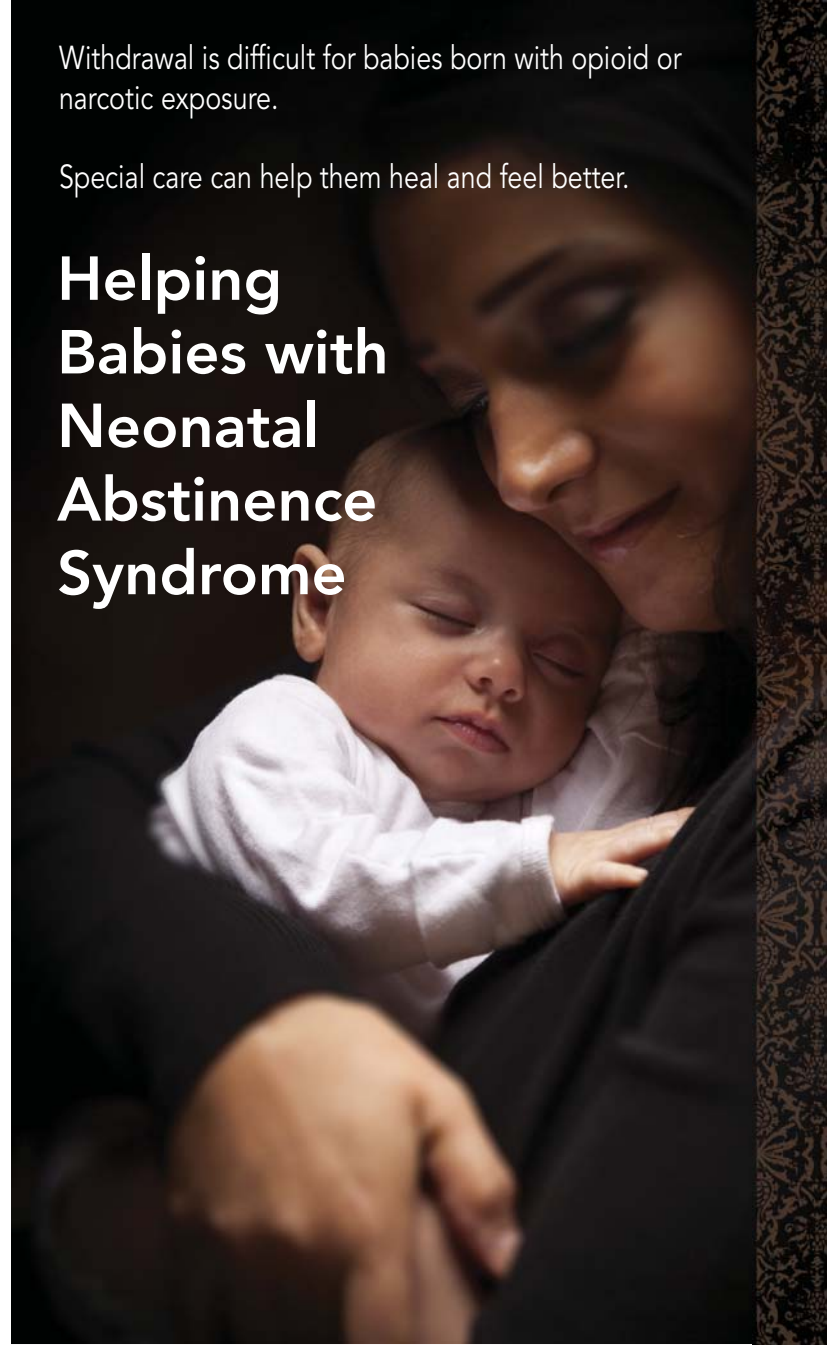
This booklet was adapted from the
Alaska Perinatal Task Force version.

May 2018

Withdrawal is difficult for babies born with opioid or
narcotic exposure.

Special care can help them heal and feel better.

Helping Babies with Neonatal Abstinence Syndrome



Examples of drugs that may cause NAS include prescription narcotic pain medicines, Hydrocodone (Vicodin, Lortab, and Norco), Oxycodone (Percocet, OxyContin), Morphine, Codeine, Methadone, Tramadol, Buprenorphine, Subutex or Suboxone, Heroin and Fentanyl. Tobacco, alcohol, Benzodiazepines, and anti-depressants may make NAS worse.

Whether these substances are medicines given by a doctor, or street drugs from someone else, they still affect the baby.

When the baby is born, the substances the mother was taking during pregnancy stop entering the baby's body. This can cause the baby to be sick and have withdrawal symptoms. When adults stop taking pain medicines or opioid drugs they may feel sick from withdrawal. Babies may have this same kind of withdrawal sickness.

Other drugs that have proven or possible health risks for pregnant women and their babies include: tobacco, alcohol, Marijuana, Methamphetamine, Cocaine, Amphetamines, Benzodiazepines, LSD, and Spice.



Birth to 5 Helpline
1-877-705-5437
birthtofivehelpline.org

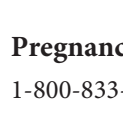
211 Arizona

For statewide resources call 2-1-1 (within Arizona) or 1-877-211-8661
211arizona.org



Ashline

Free phone and online resource to help you quit smoking and using tobacco.
1-800-55-66-222 or ashline.org

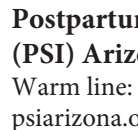


Pregnancy and Breastfeeding Helplines
1-800-833-4642



Strong Families

Free home visitor programs statewide: strongfamiliesaz.com



Postpartum Support International (PSI) Arizona Chapter
Warm line: 888-434-MOMS(6667)
psiarizona.org



Governor's Office of Youth, Faith and Family
substanceabuse.az.gov

Hushabye Nursery

Provides observation, therapeutic and pharmacological care for infants suffering from prenatal drug exposure.
www.hushabyenursery.org



Resources



The DCS Office of Prevention

The Department of Child Safety (DCS) Office of Prevention supports Arizona families by offering resources and programs that help strengthen families and prevent child abuse/ neglect. For more information visit:
dcs.az.gov/services/office-prevention

Arizona Regional Subcommittee of Narcotics Anonymous

www.arizona-na.org



Arizona Alcoholics Anonymous Meetings

alcoholicsanonymous.com/aa-meetings/arizona/

Community Medical Services

Medically assisted treatment:
communitymedicalservices.org



Substance Abuse and Mental Health Services Administration (SAMHSA)

Behavioral Health Treatment Services Locator:
1-800-662-4357 or findtreatment.samhsa.gov

Women, Infants & Children (WIC)

1-800-252-5942

www.azdhs.gov/prevention/azwic



Some babies have NAS even though their mother took very little of these substances during pregnancy.

It is more common for a baby to have NAS if the mother took a large amount of medicines or drugs or many different kinds of medicines or drugs.

Not all babies whose mothers took medicines or other substances will be sick with NAS. Most babies with NAS will have withdrawal sickness within the first 48 hours, but may take 5-14 days after birth to present. Babies with NAS may get better in a few weeks, but it may take longer.



Babies with NAS need to be carefully monitored by trained health care providers. Babies with NAS may need special medicines to help them feel better and heal sooner.



It is important for all women to get prenatal care as early in their pregnancy as possible. Health care providers can help both pregnant women who are using drugs during pregnancy and their babies get good treatment.

One thing health care providers can do is help both the pregnant woman and her baby avoid withdrawal sickness. Health care providers have medicine that is safer for both the mother and her baby. The medicine helps them feel much better.

When my baby is not feeling well, he/she does this:

I help my baby by doing this: _____

When my baby is tired and needs to sleep but cannot, he/she does this: _____

I help my baby by doing this: _____

When my baby is uncomfortable, he/she does this:

I help my baby by doing this: _____

When my baby is lonely, he/she does this: _____

I help my baby by doing this: _____

When my baby is hungry, he/she does this:

I help my baby by doing this: _____

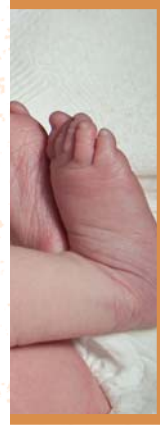
When my baby is _____ ,
he/she does this: _____

I help my baby by doing this: _____

Babies with NAS can get better when their families and healthcare providers care for them together.

Babies have ways of letting parents know what they need. Learning to understand what your baby is trying to tell you is very important.

Babies actually have ways other than crying to let us know what they need. Caregivers can learn from the baby by carefully watching and getting to know their baby's "cues". A baby gives cues to let us know what they need by making body motions and noises. It may be hard to notice or understand baby's cues, especially if the caregiver is tired. The Resources page of this booklet lists places where caregivers can get more information about baby cues. The next page in this booklet may be helpful for you to keep track of things that help your baby. This might be helpful for other trusted people who help you care for your baby. Your health care provider may have more ideas and be able to help with baby cues.



A baby with NAS might have:

- ▶ High pitched cry
- ▶ Jitteriness, trembling
- ▶ Trouble sleeping
- ▶ Sneezing, stuffy nose
- ▶ Poor sucking
- ▶ Stiff arms, legs and back
- ▶ Vomiting, diarrhea
- ▶ Poor weight gain
- ▶ Fast breathing
- ▶ Blotchy skin
- ▶ Seizures
- ▶ Fever
- ▶ Sweating

Helping Babies with NAS

Every baby is unique, but all babies with NAS get better faster when their families and health care providers care for them together. Health care providers help families know when a baby with NAS is feeling better or when the baby needs something, such as special medicines. Babies with NAS are often more difficult to feed because of poor suck. They may not sleep very well and cry a lot. The baby's health care provider may recommend special support when the baby is ready to go home from the hospital.



The ideas listed below are good for all babies, but are especially important for parents caring for babies with NAS:

- When you are feeling tired or overwhelmed or aren't sure what your baby needs, ask for help from a trusted friend, family member or your health care provider.
- Take deep breaths while holding your baby, this can help you both stay calm.
- Gently hold your baby as much as possible.
- Hold your baby close, skin to skin.
- Swaddle your baby in a blanket.
- Gently rock or sway as you hold your baby close, never shake the baby.
- Keep the room quiet.
- Dim the lights.
- Feed your baby according to your health care provider's advice. Breastfeeding is best for nearly all babies, including babies with NAS. When breastfeeding is not possible, health care providers will get the best formula for your baby.
- Offer a pacifier between feedings.
- Keep your baby's diaper clean and dry.
- Take care of any diaper rash right away.
- Avoid use of lotion or cream on your baby's hands, so that they can suck on them for comfort.
- Always put your baby to sleep on their back, never on their stomach or side.