

SAFE SLEEP

Smoking during pregnancy, using alcohol and drugs during pregnancy, and exposure to second and third hand smoke increase your baby's risk for Sudden Infant Death Syndrome and Sudden Unexpected Infant Death (SIDS/SUID).

- Babies should always sleep in rooms and homes that are smoke-free.
- Toys, heavy or loose blankets, bumper pads and pillows can cause suffocation and should be removed from your baby's crib, bassinet, or pack and play.

It is very important to follow the **ABC's of infant safe sleep**



ALONE

Your baby should always sleep alone, but nearby. Your baby should never sleep in a bed with an adult or other child.

BACK

Always place your baby on his back to sleep for every bedtime and nap time.

CRIB

Babies should only sleep in a safety approved crib, bassinet, or pack-n-play, and not on a couch, adult bed, chair or recliner.

ONCE YOUR BABY GOES HOME

Your baby needs the same calm, gentle care at home as he or she had in the hospital. It is important for your baby to have a regular routine. Try to keep your baby's surroundings quiet and soothing.

Your baby may continue to show some signs of withdrawal, such as crying and being fussy after leaving the hospital. Dealing with a fussy baby can be overwhelming and frustrating. Let people you trust help you.



If you or someone you know needs help with substance abuse, call:

1-844-HELP4WV
(1-844-435-7498)

OR VISIT
HELP4WV.com



A healthier future is
IN YOUR HANDS
and within reach

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**WORKING TOGETHER
FOR HEALTHIER
MOTHERS AND BABIES.**

Information provided by:



With the support of:



With your courage and the support and compassionate care of your health care providers, a better future is possible.

**Caring for Babies
Affected by Drug
Exposure**

SUBSTANCE USE IN PREGNANCY

Almost every substance you take when pregnant can pass into your baby. This means that the baby shares the caffeine, alcohol, drugs, nicotine, medications and other substances you take while you are pregnant. Your baby may go through withdrawal once he or she is born. This is called Neonatal Abstinence Syndrome (NAS) or neonatal withdrawal.

WHAT TO EXPECT WHEN YOUR BABY IS BORN

Babies whose mothers used certain drugs while pregnant, (whether the drug is a prescription or not) may be kept at the hospital for at least 3-5 days after birth to watch for symptoms of withdrawal. Nurses will measure your baby's symptoms using a scoring system. Your baby's score helps the doctor and nurses decide if your baby needs medication.

Most babies who require medication to control withdrawal symptoms need to stay in the hospital 2-4 weeks, but some may need to stay longer. Your baby's medication will gradually be reduced. This process is called weaning. It can take several weeks or longer to fully wean your baby.

HOW CAN YOU HELP YOUR BABY?

Your love and care are most important to your baby.

During your baby's stay at the hospital, plan to spend as much time as possible with your baby. The nursing staff will help you learn special ways to handle your baby.

BE GENTLE, BE QUIET, AND BE CALM.



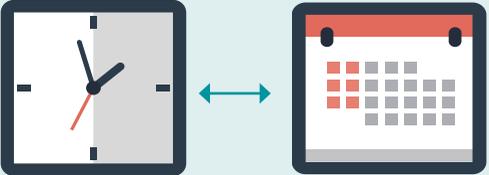
UNDERSTANDING NAS

(Neonatal Abstinence Syndrome)

Some substances contain addictive qualities, and just like you, your unborn baby may become dependent upon the substance(s) you are using. Your baby may go through withdrawal once he or she is born and no longer receiving those substances from you. This is called Neonatal Abstinence Syndrome (NAS), or neonatal withdrawal.

There is no way to know if your baby will go through withdrawal or how bad it will be. The use of more than one drug (known as poly-substance or poly-drug use) can make withdrawal worse for the baby, especially when mothers also smoke or use nicotine products.

YOUR BABY'S SYMPTOMS MAY APPEAR



on average at **72 HOURS** as late as **4 WEEKS** and include:

- trembling or shaking, even when sleeping
- a stuffy nose
- loose watery stools
- feeding poorly – weak suck, spitting up
- sensitivity to light, sounds and touch
- sweating
- fussiness
- trouble sleeping
- crying a lot
- yawning a lot
- sneezing a lot

Quiet

- Keep your baby's surroundings quiet and calm.
- Use a soft voice.
- Keep visitors to a minimum.

Calm

- Keep the lights low.
- Breastfeeding is encouraged if recommended by your pediatrician.
- Let your baby sleep. Only wake him or her for feeding.
- Let your baby suck on a pacifier.

Gentle

- Care for your baby without handling him or her too much.
- Gently and slowly rub or pat your baby's back.
- Touch and move your baby gently and slowly.
- Do not overdress your baby or add too many blankets.
- Hold your baby:
 - (1) Skin to Skin
 - (2) With baby's arms close to his or her chest
 - (3) Upright rocking your baby with smooth, slow, upward-and-down movements
- Swaddle your baby when he or she is not skin-to-skin.