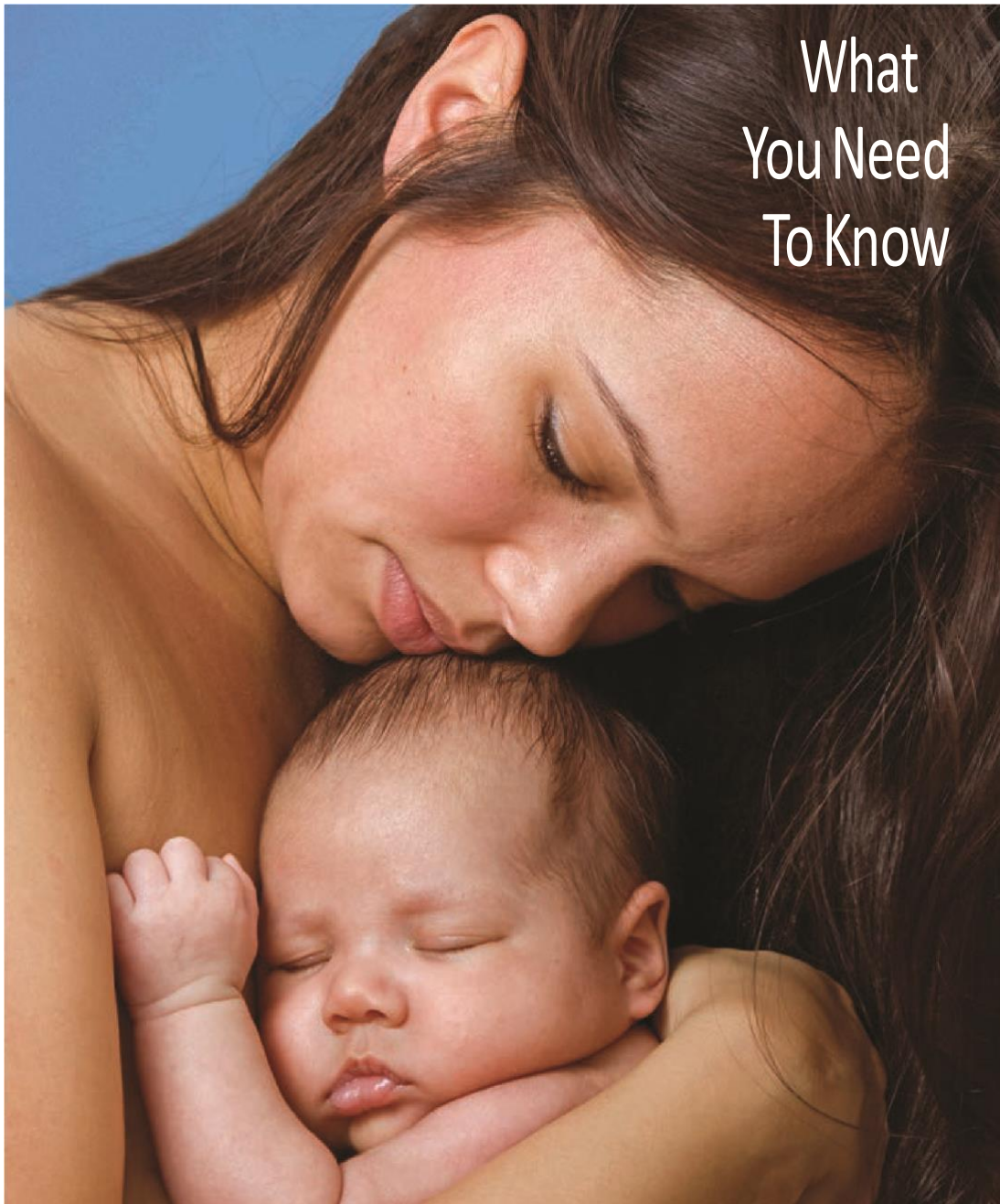


NEONATAL ABSTINENCE SYNDROME (NAS)



What
You Need
To Know

**Be with your baby.
You are the treatment!**



- 1. Hold your baby:** When your baby is fussy or upset, hold your baby. Your family can help, too.
- 2. Practice these calming techniques:**
 - Swaddle or tightly wrap your baby in a blanket to help soothe him or her. Ask your nurses to show you how to swaddle your baby.
 - Offer a pacifier. Try shushing. Use slow, rhythmic, up and down movements.
- 3. Feed on demand:** If you can, feed your baby breast milk. Feed your baby on demand by watching for signs your baby is hungry instead of the clock.
- 4. Skin to skin:** Holding your baby skin to skin can help calm your baby. Be careful, though avoid falling asleep while holding your baby. If you are feeling sleepy, place your baby on his or her back in a bassinet or crib close to your bed.
- 5. Room In:** Stay in the same room with your baby in the hospital if possible. This will help make sure you will be close by when your baby cries or is fussy, so you can hold and comfort your baby.
- 6. Quiet room:** Keep the noise level as low as possible by limiting visitors, asking your family, friends and hospital staff to speak softly, keeping the TV volume low, and talking quietly on the phone.
- 7. Dim the lights** in your room.
- 8. Cluster care:** Ask your doctors and nurses to group their care visits together when possible to help limit disruptions for your baby.
- 9. Medications:** Some babies with NAS require medication to help with their symptoms of withdrawal, to allow them to sleep, eat, and be comfortable.

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