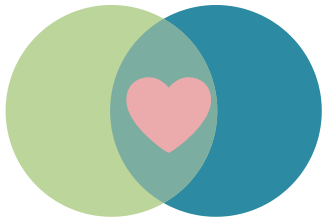


# How to Care For a Baby with Neonatal Abstinence Syndrome (NAS)



## Use the Right Words

I was exposed to substances in utero. I am not an addict. My parent may or may not have a Substance Use Disorder (SUD).



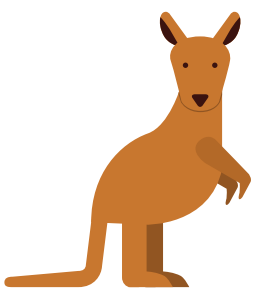
## Treat Us as a Dyad

Parents and babies need each other. Help us bond. Whenever possible, provide my care alongside theirs and teach them how to meet my needs.



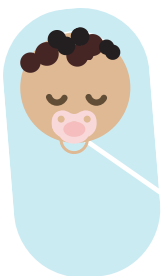
## Support Rooming-In

Babies like me do best in a calm, quiet, dimly lit room where we can be close to our caregivers.



## Promote Kangaroo Care

Skin-to-skin care helps me stabilize and self-regulate. It helps relieve symptoms that occur during withdrawal. It also promotes bonding.



## Try Non-Pharmacological Care

Help me self-soothe. Swaddle me snugly. Offer me a pacifier to suck on. Protect my sleep by "clustering" my care.



## Support Breastfeeding

Breast milk is important to my gastrointestinal health. Breastfeeding is recommended when moms are HIV negative and receiving medically-supervised care. Help my parents reach their pumping and breastfeeding goals.



## Treat My Symptoms

If I am experiencing withdrawal symptoms that make it hard for me to eat, sleep, and be soothed, create a care plan to help me be comfortable.



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[www.nationalperinatal.org](http://www.nationalperinatal.org)



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