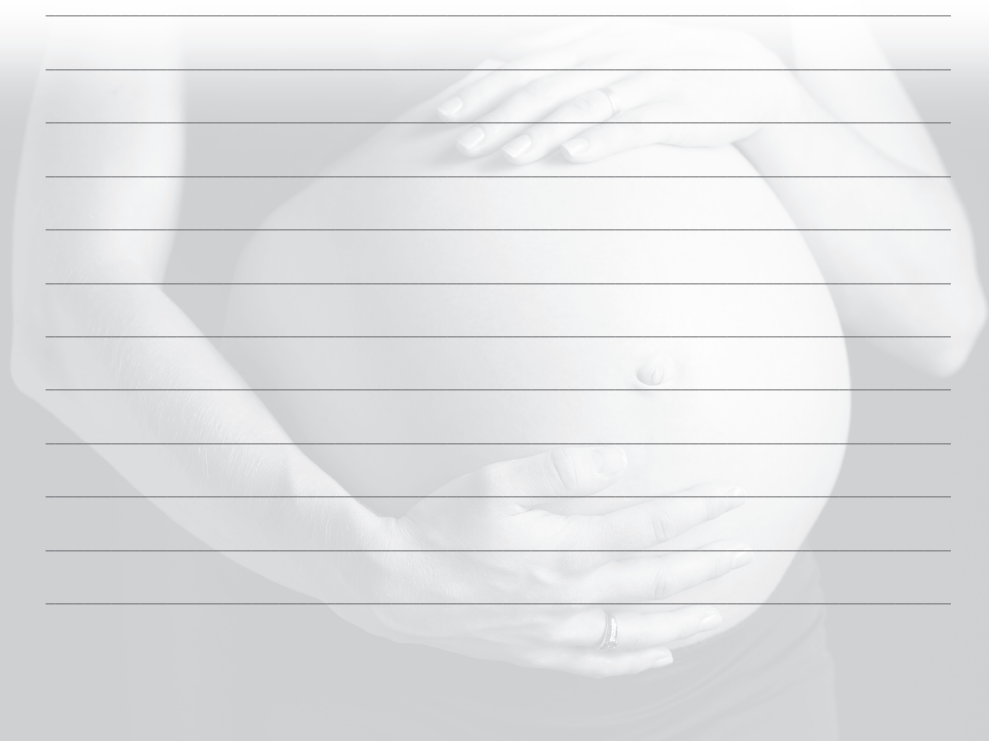




Babies Come with Instructions!

How to Care for Your Substance-Exposed Newborn





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Congratulations!

Dear Parents and Caregivers!

Hearing your baby cry for the first time can be one of the most exciting times of your life. It is, however, one of many cries to come. Having a new baby is exciting, but it is also a challenge, even for the most patient parents or caregivers.



This booklet is designed to help you understand and cope with the unique demands that babies pose to you as their caregiver. It will specifically cover how to recognize signs and symptoms caused by drug exposure, and ways to soothe these babies.

Many tried and true methods recommended by pediatricians can be used to soothe all babies, but some things that help all babies do not help drug-exposed babies, so we concentrate on those that do. We will also go over when to call your doctor, coping with crying, how to bond with baby, breastfeeding benefits and tips, recognizing symptoms of postpartum depression, as well as family planning and baby spacing.

In addition, we provide a handy resource guide and tear out important phone numbers page on the last pages. We hope this guide serves you well and furthers your ability to be the best caregiver you can be. Your baby naturally trusts you and loves you; our goal is to help you trust and love yourself through this process as well.

Good luck and Godspeed!



What Do I Need to Know if I Haven't Had My Baby Yet?

Everything that you eat or drink and medications that you take are passed to your baby through your blood stream and the placenta.

Even using medications that are prescribed to you may impact your baby, so be sure to tell your doctor what drugs you take [including street drugs] and how much you are using, so they can provide you with the best care possible.

If you use opiate drugs such as narcotic pain medication, heroin or medications to wean yourself off of those drugs while you are pregnant, your baby may be born with something called Neonatal Abstinence Syndrome, or NAS. This is also called withdrawal. Babies born with NAS may experience complications and may require a longer stay in the hospital.

While this is scary, it is important you do not quit using suddenly, as this may harm your baby. Discuss your options for quitting with your doctor before you quit to help keep your baby safe.

Baby and Me Tobacco Free provides free diapers for up to a year for those who quit smoking. Call the local Health Department at the number listed on the back pages for more information.



What Should I Expect While I'm in the Hospital?

Babies who experience withdrawal symptoms [NAS] are all unique and go through withdrawal differently.

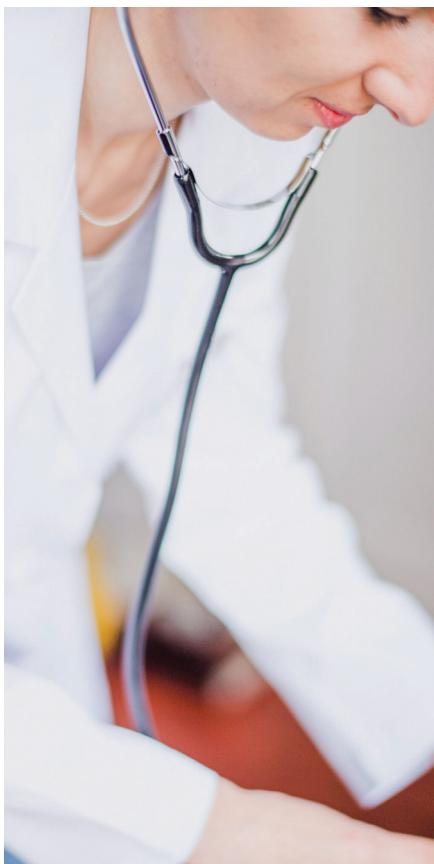
Many will have to receive specialized care in the neonatal intensive care unit [NICU] and be required to stay in the hospital longer than the mother will.



How long the baby stays in the hospital will depend on the type and amount of drugs the baby was exposed to and how much treatment they need.



My Nurse Mentioned Something Called an NAS Score. What is That?



The neonatal abstinence scoring [NAS] tool is something your healthcare team will use to determine the severity of your baby's withdrawal symptoms. The score is used to help guide treatment. Be sure to ask your healthcare team if you have questions.

Signs and symptoms babies with NAS may have include:

- Problems with sleeping
- Irritability
- Difficulty eating and gaining weight
- Excessive, high-pitched crying
- Difficult to soothe
- Sensitivity to noises and touch
- Twitching or seizures
- Diarrhea
- Vomiting
- Periods of no breathing



When to Call Your Doctor

Each baby is unique and will go through this process of withdrawal in their own way. While many behaviors may be distressing to you as a caregiver, it is important to know which ones you should really be concerned about, and when to call the doctor.

Contact your doctor when:

💜 Your baby has a fever greater than 100.4°.

💜 You notice any intense jerking of arms and legs, even when you try to hold them still. This could be a seizure.

Call 911!

💜 Baby cries nonstop for more than three hours and isn't helped by any soothing techniques.

💜 More vomiting or diarrhea than usual.

💜 Poor feeding or baby refusing to eat after multiple tries on different occasions.

💜 No dirty diapers in 24 hours, or fewer than four wet diapers after the fourth day of life.

💜 Excessive sleepiness, where baby does not wake up every 3 – 4 hours to eat.

💜 My pediatrician's phone number:

(____) ____ — ____



Understanding Your Baby

Just as we are all different, so are babies. Some babies may not go through withdrawal right away, or at all, but can develop issues at home. Learning to soothe your baby, and handle your baby lovingly can help you get through it together. Understand your baby's cues are key to helping you soothe your baby and is something that will come with time, but here are some tips!

— 1 —

Ask yourself . . . *What's happening?* . . . but don't panic!

— 2 —

Stop . . . Collaborate . . . Listen

Remember, you are struggling *together*!



You WILL get through it.



Understanding Your Baby

Hungry Babies

- 💜 Lick lips; open their mouths, make smacking sounds; stick out their tongues
- 💜 Suck on hands or fingers
- 💜 Root, or turn head from side-to-side as if looking for nipple, and squirm around
- 💜 Make frantic, agitated movements
- 💜 Fuss or cry loudly
- 💜 If your baby is upset, be sure to calm before feeding

Sleepy Babies

- 💜 Are less active
- 💜 Yawn
- 💜 Suck slower and weaker while feeding
- 💜 Rub their eyes
- 💜 Become irritable and fussy
- 💜 **Remember to always place your baby on their back to sleep, in their own sleep space with no loose blankets**



Understanding Your Baby

Overstimulated Babies

- May turn away when you look at them.
- Arch their back or squirm to get away.
- Yawn
- Fuss
- If you suspect your baby is overstimulated, reduce stimuli. Turn down the lights, reduce loud sounds, stop movement . . . see what works best for your baby.
- Most of all, be patient!** If you are overwhelmed, put the baby down in a safe place for a few minutes while you collect yourself. It's ok to feel this way . . . parenting isn't always easy but you will get it!



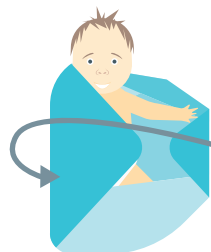
Soothing Your Baby

When your baby is in the womb, they are curled into a tight ball, which is comforting. We can swaddle babies while they are upset to provide comfort, which simulates the womb and controls their body for them, allowing them to relax easier. Swaddling is easy, but takes some practice.

Practice makes perfect!

Swaddling Tips

- Keep arms tight and hips loose.
- Only swaddle baby until they are able to roll over.
- If baby is sweating a lot and seems overheated, unswaddle them.



Soothing Your Baby

If soothing your baby one way doesn't work, not to worry! There are several ways you can help your baby calm. Just be sure to give one thing a minute to work before you move onto the next.

Help Your Baby Relax

- 🌸 Control the environment and reduce stimuli. Keep the lights low, TV off and avoid loud sounds.
- 🌸 Introduce stimuli such as light, sound, touch, voices and faces slowly. The human face is very stimulating for babies and sometimes it is too much. If your baby seems to look away from you, turning them around and allowing them to do so might help.
- 🌸 Put the baby into a "C-position," with them close to their chest, back slightly rounded and legs pulled into chest.
- 🌸 Rock baby in a head-to-toe motion while they are swaddled or in C-position.
- 🌸 Keep your movements slow and rhythmic.
- 🌸 Hold baby skin-to-skin to provide comfort. Your body is the baby's home environment, and holding them skin-to-skin makes them feel loved and at home.
- 🌸 Clap the baby's diapered bottom in a gentle rhythm with a cupped, rounded hand.
- 🌸 Feed the baby while they are calm, in a low-stimulus environment.



Coping with Crying

Crying is how your baby communicates . . . and *it is normal for a baby to cry for two to three hours a day!*

It is important to try and soothe your baby when they cry, but sometimes even with all your effort the baby may not stop crying. Caring for your crying baby while recovering from childbirth and trying to adjust to being a parent can be terribly stressful, but you will get through it!

Remember . . .

- 🌸 Having a fussy baby does not make you a bad parent.
- 🌸 Your baby's crying will not harm them.
- 🌸 Crying does not always mean something is wrong.
- 🌸 Crying happens most often in the evening.
- 🌸 If you have checked the baby's basic needs [feeding / too hot / too cold / need to burp / need to be changed] and they have all been met, try a pacifier. Sometimes sucking can be soothing.
- 🌸 Do not try too many things at once. Try one thing for a few minutes before moving on to something else.
- 🌸 The baby may be overstimulated. Try putting the baby down on his / her back in a safe sleeping space.



Coping with Crying

Remember ...

- 💜 Your well-being is important too. Try to sleep when the baby sleeps so that you are getting as much rest as you can.
- 💜 Ask a trusted friend or family member for help taking care of your baby and doing household tasks.
- 💜 Take time for yourself so that you feel less overwhelmed.
- 💜 Think about how much you love your baby.
- 💜 If you find yourself getting angry, or losing control, put the baby down on his / her back in a safe place while you regain peace. Breathe. Return after a few minutes when you are more relaxed and take care of your baby. Remember, the baby may need sleep or time alone, too.
- 💜 Call the **Fussy Baby Network** at **1.888.431.2229**.
- 💜 If you are having trouble managing your emotions or dealing with parenthood, seek help. Talk to someone, or contact your doctor. They may be able to refer you to a counselor to help you through this difficult time.



Bonding with Baby

As a parent, you are the most important person in your baby's life. While this is a huge responsibility, it is also a privilege. You will be the one who teaches your child what love is, and how to make his / her way through the world.

Feeling connected to your baby is not always something that comes instantly, and it is OK if you do not feel a connection with your baby right away. There are ways to bond with your baby, regardless of how you feel, that will help your baby feel loved and secure.

In addition, a healthy bond between mother and baby encourages proper development, as well as the ability to form trusting relationships throughout the lifetime.



Bonding with Baby

💜 Spend time touching and cuddling your baby.

💜 Enjoy skin-to-skin contact with your baby, as this promotes not only bonding, but healthy weight gain, better sleep, less crying, and successful breastfeeding!



💜 Remember that you cannot spoil your baby. This is an old wives tale! Your baby is learning about trust and you are his / her teacher.

💜 Talk, laugh, and play with your baby.

💜 Read to your baby.

💜 Engage in eye contact with your baby when they are quiet, alert and ready. Respect your baby's preference if they are not ready, and try again later.

💜 Try repeating positive affirmations to your baby, such as . . .
 . . . *"I love you baby, and I love that I am trusted to be your mother."*
 . . . *"I love that we are on this beautiful journey of life together."*
 . . . *"I am doing a great job with the tools I have available to me."*



Recognizing Postpartum Depression

After pregnancy, your hormones change once more and this can lead to something called “baby blues”. This causes women to feel sad, sensitive, emotional and anxious for around two weeks after birth. After our bodies go through the tremendous event of growing and birthing a child, it is normal to feel this way . . . and around 80% of women do. If you notice that you are still feeling this way for more than two weeks, or your symptoms become more severe, it is important to seek out help. You could have postpartum depression, which is another common condition after giving birth.

Symptoms of postpartum depression include:

- 🌸 Feeling extremely sad, angry, anxious or irritable.
- 🌸 Finding yourself unable to care for yourself or baby.
- 🌸 Withdrawing from family or social situations.
- 🌸 Feeling guilty or like you are failing at motherhood.
- 🌸 Finding little interest in things that used to bring joy.
- 🌸 Scary, upsetting thoughts that don't go away.

🌸 Hormonal changes also affect men after child birth! Not knowing what to do, or how to help their partner can lead dads to feel anxious or depressed too . . . and this often comes out as irritable or aggressive behavior. Be sure to check in with dad if you notice these signs.



Living with Postpartum Depression

I feel depressed and recognize those symptoms within myself or my partner ... what now?

- Know that postpartum depression or paternal depression is not something that goes away on its own ... but that you are not alone. It is important to tell your doctor how you are feeling so that you can start on the path to feeling better.

In addition to medical treatment, such as counseling and medication, you can do other things that may help you feel better.

- Connect with other moms who have been in your shoes!**

Postpartum Support International can be accessed online at www.postpartum.net or by phone at 1.800.944.4773. Talk with women who have been there, will not judge you, and can help on your path to wellness.

- Ask for help.**

As a new mom, you can't possibly do it all! Trusted friends or family members feel useful helping and they enjoy baby time.

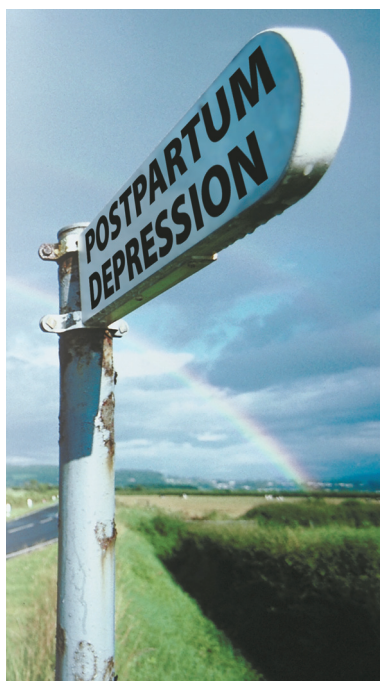
- Take time for yourself.**

Having someone watch the baby so that you can relax, take a hot bath, or do something alone may help you feel less overwhelmed.

- Talk or spend time with a friend.**

- Rest when the baby rests.**

Sleep is just as important to you as it is to baby!



The Benefits of Breastfeeding

The World Health Organization recommends giving babies nothing but breastmilk for the first six months of their lives. In addition, it is safe to breastfeed your baby even if you are on Methadone or Suboxone. *If you have HIV, active herpes lesions on the breast, or use street drugs or alcohol, DO NOT BREASTFEED.*

Breastmilk is the perfect food for your baby and is unlike any formula! “Breast is best” because:

- 🌸 Your milk helps protect baby from illness.
- 🌸 Breastfeeding is free!
- 🌸 It promotes bonding between mom and baby.
- 🌸 Studies have found that babies who were breastfed had delayed onset of withdrawal, as well as shorter NICU stays.
- 🌸 Breastfeeding helps reduce your risk for developing breast cancer, ovarian cancer, Type II diabetes, and postpartum depression.
- 🌸 It helps reduce your child’s risk of developing allergies, asthma, diabetes and obesity.

Breastfeeding Positions



Cradle



Cross-Cradle



Football Hold



Laid Back



Side Lying



Breastfeeding Tips

While breastfeeding is a wonderful thing to do for yourself and your baby, it can be very challenging!

A baby who has been exposed to drugs can have an especially tough time breastfeeding because they are not able to regulate their sucking well or may vomit frequently.



- 💜 To find a free support group with lactation consultants near you, go to www.Lactation-ConsultantsofCentralFL.com or call 407.595.5054.
- 💜 Sometimes getting baby to “latch on” is hard. If you have a poor latch, this could lead to nipple pain and frustration for both you and baby. Volusia and Flagler health departments provide free breastfeeding support. Numbers are listed on the back pages of this guide.
- 💜 Try and read the baby’s cues and feed before they become too frantic to focus on nursing.
- 💜 Calm the baby down before trying to feed.
- 💜 Try inserting a clean finger into the baby’s mouth, upside down, and stroking the roof of the mouth gently until baby sucks. Allow them to suck for a minute or so before introducing the breast.
- 💜 If you notice the baby is spitting up or vomiting a lot and are concerned about whether or not they are getting enough to eat, let your doctor know.
- 💜 For helpful videos, go to: www.breastfeedinginc.ca/vdeoscet/english/ and www.womenshealth.gov/printables-and-shareables/resource/videos



The Benefits of Baby Spacing and Family Planning

Now that you've had your sweet bundle of joy, there are so many questions you may be asking yourself. One of them might be when you'd like to have your next child . . . or not! Regardless of your decision, it is possible to prevent an unwanted pregnancy or help determine the amount of time between your children.

- First, you should know that it IS possible to get pregnant while breastfeeding.
- Research suggests waiting 18 to 24 months to have another baby, because your body needs time to replenish its stores of nutrients.
- Waiting to have another baby reduces the risk of pregnancy complications such as preterm birth and low birth weight.
- Contraception use can help you plan for your family by avoiding an unwanted pregnancy. Speak to your doctor, or contact your local health department about the many different methods of birth control which are usually available for free.
- Women on Medicaid usually qualify for two years of family planning free. For more information call the **Family Health Line** at 1.800.451.2229.



The Impact of Tobacco Use on Baby

Smoking cigarettes or vaping can increase your child's risk for asthma, ear infections, bronchitis, chest colds and an increased risk of SIDS [sudden infant death syndrome]. We know quitting can be incredibly difficult, and relapse is common. If you are ready to quit, that's fantastic! If not, there are still ways you can help to reduce your child's risk.



- 🌸 Do not smoke or vape around your baby, including in your home or in your car.
- 🌸 If you smoked in your home or your car previously, cleaning the surfaces of walls and upholstery can help reduce residue caused by smoke, thus reducing your child's risk.
- 🌸 If you do smoke, wear a specific jacket or long sleeve shirt while you smoke and remove it and wash your hands before holding baby. This can be your "smoking jacket." Using a smoking jacket can help reduce the amount of residue from smoke that can stick to your skin and hair, affecting baby.
- 🌸 If you are ready to quit, you should be proud of yourself! Go to www.TobaccoFreeFlorida.com or call **1.877.U.CAN.NOW** for free nicotine gum or patches and 24/7 coaching and support.
- 🌸 If you quit and restart smoking again, that is OK! **Keep trying!**
- 🌸 For more information about environmental safety and smoking, go to www.cdc.gov.



Important Numbers

Pediatrician (____) _____ — _____

My OB / GYN (____) _____ — _____

My Support Person (____) _____ — _____

Poison Control 1.800.222.1222

Emergency Contact (____) _____ — _____

In Case of Emergency 911

Insurance Information (____) _____ — _____

Other Important Information



Resources to Help You and Baby



Healthy Start Services

*For a more comprehensive resource guide, visit our website.
Support and care coordination for pregnant moms and babies.*

386.238.9347
www.HealthyStartFV.org

MomCare Services

Assistance with Medicaid for pregnant women and babies.

386.252.4267

Healthy Families

*Free home visits to help support and provide parents with skills and knowledge
about child development.*

386.252.4059

Healthy Start Family Place

Daytona: 386.281.6356 | Deltona: 386.561.9628

*A centralized access place for families to come in-person, to link to community resources.
Community Partner Assisted Service Site for online DCF ACCESS for Medicaid, food stamps,
and cash assistance. Computers available for use. Call for days / hours of operation.*

Family Health Line

*Confidential information, referrals and supportive counseling regarding everything
about pregnancy, infancy, and toddlers.*

1.800.451.2229

Postpartum Support International

*Orlando contact: Nancy Layish at 1.407.340.8353 or NRLayish@aol.com
Text, call or email for direct support from a local volunteer who is willing and ready
to help provide informed support and information on postpartum depression.*

1.800.944.4773

Web Resources

*Postpartum Depression Support
All Things Breastfeeding
Postpartum Depression Support*

**www.flmomsmatter.org
www.breastfeeding.support
www.2020mom.org**

National Domestic Violence Hotline Chatline

1.800.799.7233
Volusia County: 386.255.2102
Flagler County: 386.437.3505

National Human Trafficking Hotline

Text: 233733

1.800.373.7888



Resources to Help You and Baby



Florida Department of Health

Volusia County: 386.274.0509
Flagler County: 386.437.7350

SMA Behavioral Healthcare

1.800.539.4228

Stewart-Marchman-Act provides mental health and substance abuse services.

Early Learning Coalition

386.736.5010

Information on choosing quality childcare, subsidized childcare, VPK, child screenings, parent training and more.

Alcoholics Anonymous

386.756.2930

Support group to help you stay sober.

Narcotics Anonymous

Daytona: 1.844.344.3155

Substance abuse support and counseling.

Project WARM at Vince Carter Sanctuary

386.236.1712

Women Assisting Recovering Mothers is a residential treatment program serving pregnant women and those with young children.

Postpartum Support International

1.800.944.4773

Talk with women who have been experienced postpartum depression, will not judge you, and can help on your path to wellness.

www.postpartum.net

Fussy Baby Network

1.888.431.2229

Guidance for coping with a fussy baby.

Lactation Consultants of Central Florida

407.595.5054

Help with breastfeeding.

www.LactationConsultantsofCentralFL.com

Tobacco Free Florida

1.877.U.CAN.NOW

Tools to help you quit smoking.

www.TobaccoFreeFlorida.com

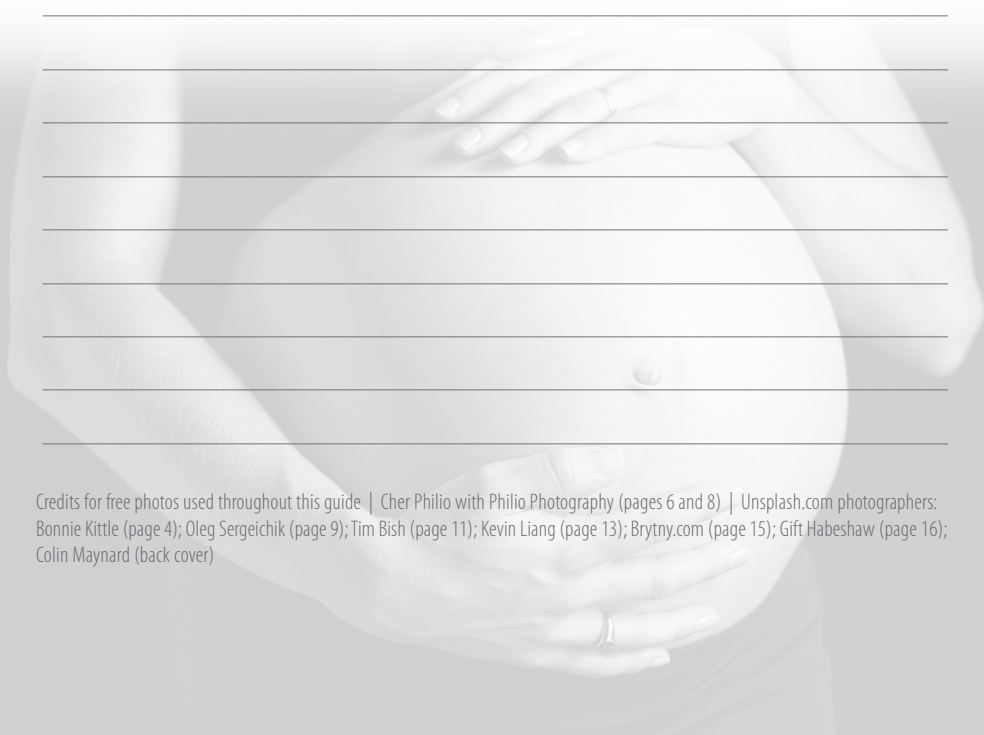
Poison Control

1.800.222.1222



Healthy Start | 386.238.9347 | 866.301.2066 | www.healthystartfv.org

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Get Connected!



Healthy Start

Coalition of Flagler & Volusia Counties, Inc.

Strengthening Our Future

Healthy Start Coordinated Intake and Referral Team

386.238.9347

connect@healthystartfv.org