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.