



Pair Based Care

Treat the baby alongside the mother as much as possible.

Coach the mother/parents on how to care for the baby; encourage active participation in the infant's care.

Create Comfort

Minimize external stimuli - create a quiet, dim environment for the baby.

Use a quiet and soothing voice.

Choose soft, comforting blankets and fabrics, both for swaddling and crib bedding.

Remember

Support Bonding
Treat Symptoms
Pair Based Care
Create Comfort

HOW TO TREAT A BABY WITH NAS/NOWS

Support Bonding

Promote rooming-in with mom after birth.

Babies with Neonatal Abstinence Syndrome (NAS)/ Neonatal Opioid Withdrawal Syndrome (NOWS) do best when they can be close to their caregivers.

Promote breastfeeding.

Kangaroo Care - Lots of skin time promotes bonding and reduces the autonomic symptoms associated with withdrawal.

Treat the Symptoms

Treat the baby, not the score: perform functional assessments on the baby's ability to eat, sleep, and be consoled.

If non-pharmacological interventions are unsuccessful, then consider morphine for the infant only **as needed**.

