

RESOURCES

Places you can go for more information and support for you and your baby:

Care Management for at Risk Children (CMARC)

Offers care management for families with children from birth to age 5. For more information check out our website <https://medicaid.ncdhhs.gov/transformation/care-management/care-management-risk-children-cmarc>

Also, you can contact your Local Health Department www.ncdhhs.gov/LHD

NC Perinatal Substance Use Project

Provides referrals to substance use disorder treatment for pregnant women or women with children seeking treatment. Visit and click on <https://ncperinatalassociation.org/perinatal-substance-use-project/>.

Alcohol/Drug Council of North Carolina

Gives information about and referral to substance treatment in North Carolina. Call 800-688-4232 or visit www.alcoholdrughelp.org/.

Crisis Services

Offers information on services for anyone in a crisis. Contact 911 or the police and request a Crisis Intervention Team officer.

Alcoholics Anonymous

Provides support for anyone who wants to do something about his or her drinking problem. Visit www.aa.org/ for information about local AA groups.

Substance Abuse and Mental Health Services Administration (SAMHSA)

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. Visit www.samhsa.gov/find-help/national-helpline

Narcotics Anonymous

Gives support for anyone who wants to stop using drugs. Visit www.crna.org/area-service-committees/ for info about local NA groups.

NC Local Managed Entity-Managed Care Organizations

Links residents to mental health, developmental disability, or substance use services. Visit www.ncdhhs.gov/providers/lme-mco-directory or call 1-800-662-7030.



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Caring for Babies Who Have Been Exposed to Substances

TIPS YOU CAN USE TO CALM AND
SOOTHE YOUR BABY.



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Caring for Babies Who Have Been Exposed to Substances



TIPS TO CARE FOR YOUR BABY

Your baby may have extra needs if exposed to substances like drugs or alcohol in the womb. Your baby may cry a lot, be hard to calm or have trouble eating and sleeping. This doesn't mean you're a bad parent or caregiver. It just means your baby may need some extra care and support. The most important thing for your baby is to have a safe, stable, and loving home.

WHAT YOU CAN DO:

- ✓ Listen and respond to his or her needs. Is your baby hungry, wet, cold, needing comfort?
- ✓ Respond quickly when your baby is crying. This helps him or her learn to trust and feel safe.
- ✓ Take your baby to the doctor for regular check-ups.
- ✓ Follow doctor's orders, including giving medications as prescribed.
- ✓ Limit the number of people who care for your baby. Babies exposed to substances do better with the same people and faces they know.
- ✓ Be patient. With time, you will learn your baby's needs and what calms and comforts your baby.
- ✓ Watch your baby's face and body and listen to his or her voice. This is how your baby "talks" to you:
 - If your baby is happy, he or she might smile, laugh, or coo.
 - If your baby is unhappy, he or she might pull away, tense his or her body, or cry.

WHEN YOUR BABY IS CRYING

- ✓ **Make sure he or she feels warm and safe.**
 - Wrap safely and snugly (swaddle) in a blanket to control movements and provide comfort.
 - Stop swaddling as soon as your baby begins to roll over.
- ✓ **Make the environment quiet and stable.**
 - Use a calm, soothing voice.
 - Keep the lights turned down low.
 - Keep your baby from being too hot or too cold.
 - Avoid loud noises (turn off the TV and loud music).
- ✓ **Try calming activities (one at a time)**
 - Gently rock or bounce with slow and steady movements but be careful to never shake him or her.
 - Massage with light, gentle, soothing touch.
 - Bathe in a warm bath and then lightly put lotion on your baby's body.

TO HELP YOUR BABY STAY CALM AND HAPPY

- ✓ **Keep the same routine.**
 - Put your baby to bed at the same time every night.
 - Try to do the same things each night before bedtime.
 - Reduce activity levels before bedtime.
 - When possible, feed at the same times each day, but also respond when he or she seems hungry.
- ✓ **Take care of yourself**
 - Ask for help from family or friends, especially if you feel tired or feel like you have too much to do.
 - Try to exercise and eat foods that are good for you.
 - Get as much rest as possible.