

# Prevent & Treat Opioid Withdrawal in Your Baby

Developed in collaboration with UCSF



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Here are three ways you can begin to care for your baby:

Eat	Sleep	Soothe
<p><b>Breastfeed your baby.</b> Breastmilk will ease your baby's withdrawal symptoms. A small amount of opioid may be in the breast milk, but not enough to harm your baby.</p> <p><b>Feed your baby on demand.</b> Watch for your baby's hunger cues and supply milk to your baby whenever needed.</p>	<p><b>Swaddle your baby.</b> Being swaddled can help your baby feel secure.</p> <p><b>Dim lights.</b> Your baby is used to the darkness in your belly.</p>	<p><b>Skin to skin.</b> Place your naked baby (with a diaper) on your naked chest. Other trusted adults can hold your baby if you're tired or sleepy.</p> <p><b>Rock your baby.</b> Gentle movement can calm your baby.</p>

You are your baby's biggest comfort to get through withdrawal.

## How will my baby react to withdrawal?

After birth, your baby will no longer be getting the opioid in your blood supply. This may cause your baby to have withdrawal symptoms that may affect eating, sleeping and fussiness.

## Caring for your baby in the neonatal intensive care unit (NICU)

Our nursery team will be checking in on your baby every few hours for signs of withdrawal. You can remind doctors and nurses to check your baby when he/she is awake and come back later if your baby is sleeping. Even if you are doing all you can to keep your baby comfortable, your baby may still need medication and stay in the nursery for additional care. You are welcome to spend as much time as you like in the nursery with them to provide comfort.