



Developmental Interventions

- Ask the baby's Pediatrician for a referral to the Arizona Early Intervention Program (AzEIP) for infants/toddlers 0-3 years of age
- Enroll the toddler in an Early Head Start or Head Start program
- Read to and interact verbally on a daily basis with the baby
- Ask the baby's Pediatrician to consider a speech referral – if early vocalizations are not present or the infant has a speech delay
- Ask the baby's Pediatrician to consider a hearing evaluation if the infant does not appear to hear or respond to your voice. All infants should be screened for hearing loss at birth.

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ARIZONA DEPARTMENT OF CHILD SAFETY

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Handle with Care

Special Care for the Substance Exposed Newborn



SIDS Prevention:

- The American Academy of Pediatrics *Back to Sleep Program* states: always have infants sleep on their back, unless they are watched at tummy time
- Avoid overheating: dress the infant properly. Do not over bundle, but keep the baby in the right clothing & blankets for the right warmth
- Keep the baby away from cigarette smoke exposure
- Keep the baby off of soft surfaces, pillows, blankets, crib bumpers, mattresses. This increases the risk of Sudden Infant Death Syndrome (SIDS)

Comfort Measures

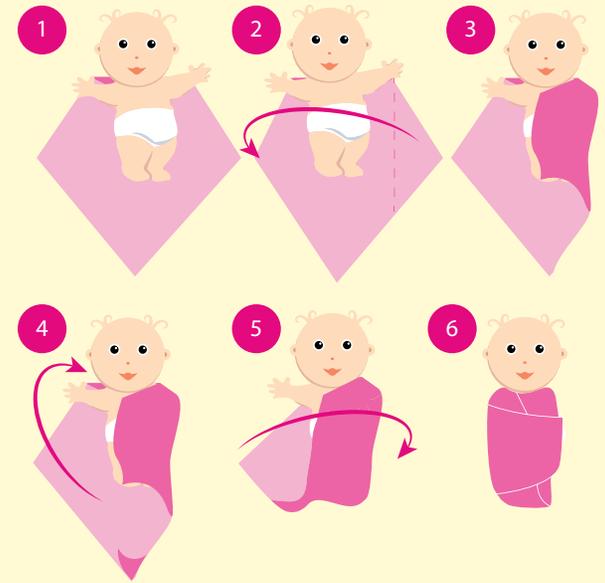
- Handle the baby gently.
- Allow the baby to rest in between feeds and diaper changes
- Don't over stimulate or handle the baby too much
- Avoid over stimulation by siblings and family members
- Establish a sleep & wake routine. This will help keep the baby calm
- Keep a consistent & stable environment
- Coordinate all care (diaper changes, feedings, etc.) after the infant wakes
- Encourage the baby to self soothe by sucking on a pacifier or baby's fingers or hand
- Keep the baby swaddled in a light weight blanket for comfort

Irritability and Sleeping Difficulties:

- Don't allow the baby to become too excited
- Keep the room dark and calm, without loud noises or bright lights
- Swaddle the baby in a flexed (bent slightly at waist & knees) position
- Vertical rocking with an up & down motion is more calming than horizontal – side-to-side rocking
- Allow the baby to look away, if eye contact is too much
- Eyeglasses, large earrings and full hair may over stimulate the baby
- Some babies may be more happy being held at arm's length

Feeding

- Give the baby small, regular feeds
- You may need to try different nipples, if the baby doesn't feed well
- Offer a pacifier to satisfy the baby's sucking reflex. Not all sucking means hunger
- Discuss the best calorie needs with the baby's Pediatrician
- You may need to wake infant every 3-4 hours, if they are not gaining enough weight
- Breast milk is best. The mother must not use drugs that are not prescribed by a healthcare provider, though.
- Ask the baby's Pediatrician if you need a referral for feeding evaluation



Muscle Tone and Posture

- Do gentle movement of the arms and legs
- A gentle massage may help the baby relax
- Be sure to use supportive positioning for baby. Keep in secure setting without a great deal of excessive movement
- Be sure the baby spends time on their tummy during the daytime. You must watch the baby when in this position, as the substance-exposed baby is at greater risk of SIDS. Tummy time helps the baby develop good head support, trunk support, and explore their environment. In addition, it avoids flattening of their head
- No walkers. Walkers are not only dangerous, but they position infants/toddlers in unnatural postures. These unnatural positions may delay normal development
- Ask your Pediatrician if the baby may need an Occupational (OT) or Physical Therapy (PT) evaluation for delays in movement