



ARIZONA DEPARTMENT OF CHILD SAFETY

Developmental Interventions

- Read and talk to the baby every day. This will help with their development of speech and language
- Ask the Pediatrician to refer the baby to the Arizona Early Intervention Program (AzEIP) for infants and toddlers 0-3 years of age
- Enroll the toddler in an Early Headstart or Headstart Program
- If the baby is not talking or cooing, or does not appear to hear or respond to your voice, ask your doctor to refer the baby to speech therapy and to have the baby's hearing tested. All babies should have been screened for hearing loss at birth
- If the baby has delays in motor development- such as poor head control, delayed sitting up, or delayed walking ask the baby's Primary care Doctor to see if the baby needs Occupational (OT) or Physical Therapy (PT)

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Handle with Care

Special Care for the Substance Exposed Newborn



Comprehensive Medical & Dental Program

SIDS Prevention

Sudden Infant Death Syndrome (SIDS) is the sudden, unexplained death of a baby younger than 1 year of age that does not have a known cause. There is no sure way to prevent SIDS, but you can take steps to reduce the risk of SIDS:

- Always place the baby on his or her back to sleep, for naps and at night to reduce the risk of SIDS
- Do not allow smoking around the baby- in the same room, in the same house and definitely not in the same car. Smoke exposure increases the risk of SIDS
- Do not allow the baby to get too hot while sleeping. Do not use blankets – the baby may get entangled in them. Dress the baby in one layer more than an adult would wear in order to be comfortable
- Give the baby a pacifier (without the string attached as the baby become entangled and choke on the string)
- The baby should sleep on a firm sleep surface
- The baby should sleep in a crib or bassinet- never in a car seat or swing, on a couch or adult bed
- Do not use soft toys, crib bumpers, loose blankets or sheets, toys or pillows in the baby's sleep area. These can all cause entanglement, suffocation and even death
- Babies should sleep in a smoke free area

Comfort Measures

- Handle baby gently. Avoid sudden movements.
- Allow baby to rest in between feeds and diaper changes
- Don't over-stimulate or handle the baby too much
- Avoid over stimulation by siblings or other family members
- Establish a sleep & wake routine. This will help the baby stay calm
- Keep the area around the baby calm, use a soft touch and a soft voice when talking
- Coordinate all care (diaper changes, feeding etc.) after the baby wakes
- Allow the baby to self soothe by sucking on a pacifier or baby's fingers or hands
- Some babies like to be swaddled. Do not place baby to sleep on their stomach. Babies can suffocate when swaddled and placed on their stomach

Irritability and Sleeping Difficulties

- Don't allow the baby to become too excited
- Watch the baby for signs that they are becoming too excited. They may show signs such as more yawning, hiccups, sneezing or looking away.
- Keep the room calm, without loud noises or bright lights
- Allow baby to look away if eye contact is too much
- Hold the baby close, gently sway from side to side, rock in a rocking chair, hum or sing quietly
- Swaddle the baby but allow the baby's legs to bend up and out to prevent hip problems.



Feeding

- Give the baby small, regular feeds
- Offer a pacifier to satisfy the baby's sucking reflex. Not all sucking means hunger
- You may need to wake the baby up every 3-4 hours if they are not gaining enough weight
- Breast milk is almost always the best choice for the baby. When breast feeding, if the mother is taking prescribed medication the small amount of medication that passes through the breast milk to the baby is usually considered safe. However, the mother should talk with the doctor about breast-feeding and prescription medication and **should not take any other non-prescribed medication or drugs without first checking with the doctor to make sure it is safe for the breast fed baby.** Ask the baby's Primary Care Doctor if the baby is gaining weight well
- Ask the Doctor for a feeding evaluation if the baby is not feeding well

Safe Swaddling Techniques

1. If using a square blanket, fold back one corner creating a straight edge.
2. Place the baby with their back on the blanket so that the straight edge at the top of the blanket is at shoulder level.
3. If using a rectangular cloth, place the baby's shoulders at the top of the long side
4. Straighten the baby's left arm down. Wrap the left side of the blanket over the arm and body and tuck it between the right arm and the body, under the right side of the baby.
5. Bring the right arm down and wrap the right side of the blanket over the baby's arm and chest.
6. Tuck the blanket under the left side of the baby. The weight of the baby will hold the blanket firmly in place.
7. Twist or fold the bottom end of the blanket loosely and tuck behind the baby, ensuring that both legs are bent up and out.

It is important to leave room for the hips to move.

It is important to stop swaddling by the time the baby starts to try to roll over- about 2 months of age. So that the baby does not accidentally suffocate.

Muscle Tone and Posture

- Move the baby's arms and legs gently
- A gentle massage may help the baby relax
- Make sure to support the baby's head, neck and back when holding or moving the baby
- Make sure baby spends time on their tummy when they are awake. Tummy time will help the baby develop good head control, trunk support and help them explore their environment. Babies should NOT sleep on their tummy. This increases their chances of SIDS
- Do NOT place a baby in a walker. Not only are walkers dangerous for babies, but they also place babies in unnatural positions that delay normal development
- If the baby has delays in motor development- such as poor head control or delayed sitting up, ask the baby's Primary care Doctor to see if the baby needs Occupational (OT) or Physical Therapy (PT)