



## Developmental Care Support for Infants with Newborn Withdrawal

Infants experiencing withdrawal from narcotics or other medications often need extra support to feel calm and comfortable. Developmental care focuses on promoting comfort for your baby based on his or her individual needs. The goals are to reduce your baby's stress, assist recovery, increase sleep, and encourage growth and maturity. Below are some ways to support and care for your baby when he or she is having symptoms of withdrawal. Every baby is different, so some suggestions might be more helpful than others.

- **Environment**

- Keep the room quiet and avoid loud noises.
- Keep the lights in the room low whenever possible.
- Limit visitors to one or two people at a time.
- Hold your baby close to your body, skin-to-skin, or swaddled in a blanket. To help your baby stay comfortable, you may need to hold your baby more than usual.
- Avoid any excessive stimulation, particularly when your baby is sleeping or resting comfortably.
- Consider “rooming in” during your hospital stay and keeping your baby close to you.

- **Sleeping**

- Swaddle your baby, being careful to keep your baby's nose and mouth away from any material. The blanket should not be placed higher than shoulder level. Make sure that the swaddle is snug yet allows room for your baby to move their arms and legs. We also want to make sure that they don't get too warm. If your baby can kick out of the swaddle, consider a sleep sack.
- For additional boundaries, you can place another thin blanket over your baby, below the shoulders, and tucked under the crib mattress.
- If your baby is having trouble falling asleep, you can rock or sway your baby gently.
- Try not to wake your baby if he or she is sleeping.

- **Feeding**

- Try to create a quiet, calm environment during feeding.
- Feed your baby when he or she shows the first signs of hunger.
- Breastfeeding is usually encouraged in infants with withdrawal, but check with your provider first.
- Offer a pacifier for soothing. Sucking can be calming even when your baby is not hungry.