

# Resources

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



- **CARE COORDINATION FOR CHILDREN:** Offers care management for families with children from birth to age 5. For more information, call 336-813-2068 and ask for the CC4C Program Manager.
- **NC PERINATAL SUBSTANCE USE PROJECT:** Provides referrals to substance use disorder treatment for pregnant women or women with children seeking treatment. Call 800-688-4232 or visit [www.ncperinatalassociation.org](http://www.ncperinatalassociation.org) and click on resources or visit [www.alcoholdrughelp.org](http://www.alcoholdrughelp.org).
- **ALCOHOL/DRUG COUNCIL NORTH CAROLINA:** Gives information about and referral to substance treatment in North Carolina. Call 800-688-4232 or visit [www.alcoholdrughelp.org](http://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.aanorthcarolina.org/anssvc.asp](http://www.aanorthcarolina.org/anssvc.asp) for phone numbers of local AA groups.
- **NARCOTICS ANONYMOUS:** Gives support for anyone who wants to stop using drugs. Visit [www.crna.org/area-service-committees](http://www.crna.org/area-service-committees) for phone numbers of 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](http://www.ncdhhs.gov/providers/lme-mco-directory) or call 919-855-4290.

## Caring for Babies Who Have Been Exposed to Substances

*Tips to Calm and Soothe Your Baby*



State of North Carolina • Department of Health and  
Human Services • Division of Public Health

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# Caring for Babies Who Have Been Exposed to Substances

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.



# Tips to Care for Your Baby

## 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 your baby 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.