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 and click on resources or visit 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.

- **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 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 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 or call 919-855-4290.

---

Caring for Babies Who Have Been Exposed to Substances

*Tips to Calm and Soothe Your Baby*
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.