



Protecting Your Baby During Sleep

Sudden infant death syndrome (SIDS) is when a baby dies while sleeping with no known cause. Infants exposed to drugs have a higher risk of SIDS, so it's important to be extra careful to keep them safe.

What you can do:

1 Make sure your baby is always with an adult who is sober. Drinking and drug use will impair your ability to care for your baby.

2 For naps and at night, your baby should sleep:
On their back — Your baby should always be laid down on his or her back to sleep.
In a crib or bassinet — Only use a fitted sheet and don't place any blankets, pillows, crib bumpers, or toys in the crib. If your baby falls asleep outside their crib, you should lay them on their back in their crib once they are fully asleep.

In the same room with a parent — Infants should share a bedroom with parents, but not the same bed, for at least six months to a year. Sharing a room reduces the risk of SIDS as much as 50%.

3 Breastfeeding can reduce the risk of SIDS. Breastfeed your baby, or bottle feed with expressed breast milk, for at least 6 months.

4 Don't allow smoking around your baby.

5 Give your baby tummy time while he or she is awake and while someone is watching.

6 Follow your doctor's recommendations on your baby's vaccines and regular health checkups.

Plan of Safe Care for Infants

Using drugs during pregnancy can affect your baby. Some babies who experience **Neonatal Abstinence Syndrome (NAS)** may need extra care to help give them a healthy start to life. A Plan of Safe Care will help keep your baby safe and support you in helping your baby.

What is NAS?

NAS is a group of symptoms in newborns who have been exposed to drugs.

NAS happens when a baby is born and is suddenly no longer exposed to the substances that were in the mother's body, similar to drug withdrawal in adults. NAS can include medicine prescribed by your doctor, which is why it is important to recognize symptoms and learn ways to help your baby.

Neonatal Opioid Withdrawal Syndrome (NOWS) is when these symptoms are caused by opioid-related withdrawal. This can occur from substances like heroin, fentanyl, or hydrocodone.

Symptoms to look for:

- Body shakes, seizures, twitching
- Excessive fussiness, crying, high-pitched cry
- Poor feeding or sucking
- Slow weight gain
- Breathing problems, including breathing really fast
- Fever, sweating, or blotchy skin
- Trouble sleeping and lots of yawning
- Diarrhea or throwing up
- Stuffy nose or sneezing

What Is a Plan of Safe Care?

A Plan of Safe Care can be made anytime during pregnancy and it begins after the baby is born.

Your baby will be monitored for withdrawal symptoms and a team of nurses and doctors will help you prepare to take your baby home from the hospital. A Plan of Safe Care can also connect you to services to help your baby.

The goal of a Plan of Safe Care is to keep your baby safe. It does not matter why your baby is having symptoms, it is more important to focus on soothing and helping your baby now.

Learn more. If you have questions, please contact:

Crawford County Drug and Alcohol
1-814-724-4100

Erie Family Center
1-814-520-8214 x107

Venango County
1-814-432-9169

Visit community.recoveryisnwpa.org to learn about more free resources.

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$1,000,000 with 100% funded by HRSA/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA/HHS or the U.S. Government.