

What is NAS?

Neonatal Abstinence Syndrome is a diagnosis given to a baby who is born to a mother taking drugs (prescribed or not) whom may show signs of withdrawal after birth. Common drugs that can lead to withdrawal include pain medications, Subutex and heroin.

Taking Drugs During Pregnancy

- Decreased oxygen supply to baby
- Decreased blood supply to baby
- High risk of prematurity
- High risk of low birth weight
- High risk of miscarriage



Effects on Your Baby After Birth

- Physical dependency
- Suffer from Withdrawal symptoms
- Feeding difficulties
- Sleeping difficulties
- High risk for seizures
- High pitched crying
- Long term effects on behaviors

HELP Resources:

New York State Office of Alcoholism and Substance Abuse Services - OASAS

1-877-846-7369

www.oasas.ny.gov

Maternal Child Nurses of Washington County

518-746-2408

www.washingtoncountyny.gov

Maternal Child Nurses of Warren County

518-761-6580

www.warrencountyny.gov

Council for Prevention

518-746-1527

www.councilforprevention.org

The Baywood Center

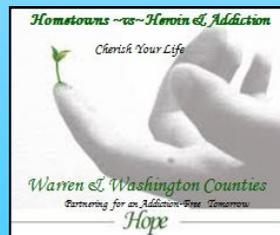
518-798-4221

Center for Recovery

518-926-7200

www.glensfallshospital.org/services/Behavioral-Health/center-for-recovery.cfm

A program supported by :



It's never too late!

Drug Withdrawal

Is my baby at risk?



Neonatal Abstinence Syndrome

A Parents Resource Guide:

Helping you and your baby!

What you can do!

- Ask for help
- Get prenatal care
- Contact your doctor
- Go to a treatment program

How to HELP your Baby:

Prolonged or high pitched crying:

- Hold your baby close
- Decrease loud noises, bright lights and excessive handling
- Gently rock your baby, try humming softly



Sleeplessness:

- Reduce noise and bright lights
- Gentle rocking and soft music helps
- Frequent feedings

Feeding Difficulties:

- Small frequent feedings
- Provide quiet calm setting
- Allow time for rest

Hospital Stay:

- Babies will stay in intensive care units
- You might be discharged while your baby remains in the hospital
- The pediatrician may start your baby on medications
- The type of medication and dose will be determined by the providers evaluation
- Your baby will be weaned off these medications
- Average hospital length of stay is from 10 days to 2 months.
- Severity of withdrawal depends on the amount and drug used

Break the cycle!



Your baby needs you!

Babies

Against

Being Born

Yearning for Your Addictions!



Maternal Child Health Nurses Can Help!

Washington County Residents
518-746-2408
Warren County Residents
518-761-6580

Our Nurses Provide:

- One-to-one education
- Mother-Baby Resources
- Referral Services

The **NAS Program** is a resource to HELP you and your baby.

Our goal

To keep you and your family together!

YOU CAN DO THIS!