



State of Illinois  
Illinois Department of Public Health

# Neonatal Abstinence Syndrome (NAS): What You Need to Know



**Be with your baby:**  
You are the treatment!

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1. **Hold your baby:** When your baby is fussy or upset, hold your baby. Your family can help too.
  2. **Practice these calming techniques:**
    - Swaddle or tightly wrap your baby in a blanket to help soothe him or her. Ask your nurses to show you how to swaddle your baby.
    - Pacifier for non-nutritive sucking
    - Shooshing
    - Slow, rhythmic up and down movements
  3. **Feed on demand:** If you can, feed your baby breast milk. Feed your baby on demand by watching your baby for feeding cues instead of the clock.
  4. **Skin-to-skin:** Holding your baby skin-to-skin can help calm your baby. Be careful though - if you are feeling sleepy, place your baby in a bassinet.
  5. **Room-In:** Stay in the same room with your baby in the hospital if possible. This will help make sure you will be close by when your baby cries or is fussy, so you can hold and comfort your baby.
  6. **Quiet room:** Keep the noise level as low as possible by limiting visitors, asking your family, friends, and hospital staff to speak softly, keeping the TV volume low, and talking on the phone quietly.
  7. **Dim the lights** in your room.
  8. **Cluster care:** Ask your doctors and nurses to group their care visits together when possible to help limit disruptions for your baby.
  9. **Medications:** Some babies with NAS require medication to help with their symptoms of withdrawal, to allow them to sleep, eat, and be comfortable.

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