When Your Baby Is Fussy, Ask...
- Is my baby hungry?
- Does my baby need a diaper change?
- Does my baby look sick?
- Is my baby overstimulated in their surroundings?
- Is my baby overheated?

Use What You Learned In the NICU
- Swaddling
- Side position/stomach
- Swaying
- Shushing
- Sucking

Contact Us
BANNER UNIVERSITY MEDICAL CENTER
Family Centered NAS Care Program
EMAIL ADDRESS
https://www.bannerhealth.com/
https://peds.arizona.edu/family-centered-nas-care-program
PHONE NUMBER
(520) 694-9904
Babies with NAS may cry more often and be easily overstimulated

Train And Teach

Training and teaching people that are around you and your baby is important!

They may not understand why your baby needs these changes at home.

Teaching them can help them support your family’s needs.

When To Ask For Help

- If you are feeling upset, put your baby down safely and step away
- Take deep breaths for a few minutes
- Reach out to a support person, friend or family for help
- Never shake your baby or put anything over baby’s face to quiet them

When To Call Your Doctor:

Call your baby’s doctor if any NAS signs keep your baby from:

- eating well
- sleeping for at least 1 hour at a time
- being consoled in a usual time frame (no more than 20 min. of crying)
- Always trust your gut and call your baby’s doctor if you are worried.

NAS Resources

- March of Dimes
- ADHS

Setting Up Your Home Environment

- Calm and quiet environment
- Dim lighting (close curtains)
- Reduce noise level (turn down volume on devices). White noise is recommended.
- Limit the number of people visiting

Please ask your NICU care team questions, anytime.