

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

How to Calm and Soothe Your Baby

Family Centered NAS
Care Program

Banner University
Medical Center, Tucson



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

Babies with NAS may cry more often and be easily overstimulated

Please ask your NICU care team questions, anytime.

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

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

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.

