

What To Do IF?????

Tips for Parents

WHAT DO I DO IF MY BABY CAN'T SLEEP?

Difficulty sleeping is a common problem during withdrawal. It is best not to wake your sleeping baby.

WHAT DO I DO IF MY BABY WON'T STOP CRYING?



WHAT DO I DO IF MY BABY WON'T EAT?

WHAT DO I DO IF MY BABY WON'T STOP EATING?

Tummy cramps, gas, and loose stools are frequent symptoms of withdrawal.

WHAT DO I DO IF MY BABY DOESN'T LOOK AT ME?

Is the baby restless, fussy, or turning away from you?

Here are some tips:

- To soothe your baby (after feeding), offer a pacifier.
- Wrap snugly in a blanket.
- Gently rock.
- Sing softly.
- Gently pat on the back.
- Make sure that the baby's bedside is dim and quiet—no lights, no loud voices.



Here are some tips:

- Again, try soft voices, dim lights, gentle handling.
- Skin to skin also called Kangaroo Care (Dads and Moms can both do this!)



- Soft music.
- If sweating or trembling, a warm bath or massage may soothe the baby.



Here are some tips:

- Try a different nipple when feeding your baby.
- Try laying the baby in your lap with their face away from you.
- With no distractions, your baby may be able to focus better on eating.



Here are some tips:

- Talk to your baby's nurse about feedings.
- Together, you can decide when your baby needs to eat, and when the baby needs to be soothed in other ways.
- Remember: breastfeeding is best for you and your baby. Talk to your baby's doctor. Sometimes there is a reason not to breastfeed. If that is the case, you can keep your baby safe and comfortable with formula.



Here are some tips:

- The baby may be over – stimulated and ready for quiet time.

