

# Neonatal Abstinence Syndrome Information for Families

## CHILDREN AND YOUTH WITH SPECIAL HEALTH NEEDS

### What is Neonatal Abstinence Syndrome?

Neonatal Abstinence Syndrome (NAS) is a condition that can happen when a baby is exposed to drugs in the womb and experiences symptoms of drug withdrawal after birth. This happens when substances, most often opioids, are used during pregnancy. This can include prescribed substances, like oxycodone and methadone, or illicit substances, like heroin.

### How does it impact my baby?

#### After birth

Your baby may begin to show signs of withdrawal within 3 days of birth. Signs of withdrawal can include fussiness, trouble sleeping, difficulty feeding and gaining weight, body shakes (tremors), fever and more.

#### Later in life

Your baby may be more likely to develop long-term problems. This can include developmental delays (not meeting milestones on time). Concerns may appear in one or more areas of development: vision, talking, moving, learning, growing, and behaving.

### What can I do?

- Tell your doctor about substances used during pregnancy to be sure you and baby receive the care you need.
- Ask your doctor about medication for opioid use disorder.
- Attend follow-up appointments to track growth and development.
- Enroll in early childhood programs, like Family Home Visiting, Help Me Grow, and the Follow Along Program.

### Resources



#### Help Me Connect

Navigate resources for help with food, housing, medical insurance, and more.

- [www.helpmeconnect.web.health.state.mn.us/HelpMeConnect](http://www.helpmeconnect.web.health.state.mn.us/HelpMeConnect)

#### Find treatment

Find a treatment facility for substance use disorder near you.



- [www.findtreatment.gov](http://www.findtreatment.gov)



#### MotherToBaby

Fact sheets on pregnancy and breastfeeding topics, including substance use.

- [www.mothers-to-baby.org/fact-sheets](http://www.mothers-to-baby.org/fact-sheets)

#### Substance use disorder

Data, resources, and prevention information.



- [www.mn.gov/dhs/people-we-serve/seniors/health-care/alcohol-drugs-addictions](http://www.mn.gov/dhs/people-we-serve/seniors/health-care/alcohol-drugs-addictions)



#### NAS webpage

More information about NAS and support for expecting families.

- [www.health.state.mn.us/diseases/cy/nas/index.html](http://www.health.state.mn.us/diseases/cy/nas/index.html)

## Early childhood services and programs

### Family Home Visiting

A voluntary, home-based service offered prenatally through the early years of a child's life. It provides social, emotional, health and parenting related support.

Services can include:

- Early support to parents in their role as a child's first teacher.
- Help creating a safe and healthy environment for a child to thrive in.
- Parenting skills and support.

To enroll, visit [Help Me Connect \(www.helpmeconnect.web.health.state.mn.us/HelpMeConnect\)](http://www.helpmeconnect.web.health.state.mn.us/HelpMeConnect) and search 'Family Home Visiting' to find a program near you.



### Help Me Grow

Provides resources for families to understand developmental milestones and ways to support their child's development.

Services can include:

- A service planning team, including an early childhood specialist, to determine which services and supports are needed.
- Speech, physical or occupational therapy.

To enroll, visit [Help Me Grow \(www.helpmegrowmn.org/HMG/index.html\)](http://www.helpmegrowmn.org/HMG/index.html) and select 'Refer a Child' at the top left.



## References

- March of Dimes. (n.d.). *Neonatal Abstinence Syndrome (NAS)*. Retrieved June 21, 2024 [www.marchofdimes.org/find-support/topics/planning-baby/neonatal-abstinence-syndrome-nas](http://www.marchofdimes.org/find-support/topics/planning-baby/neonatal-abstinence-syndrome-nas)

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To obtain this information in a different format, call: 651-201-3650.