

## Opioids - What Will Happen in the Hospital After My Baby is Born

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### Mom & Baby

It's best for baby to be with you. Sometimes babies need special care and monitoring and will spend time in the NICU (Neonatal Intensive Care Unit). You can spend time with baby in the NICU.

**YOU are the most important person to your baby and a key member to your baby's care team. Your love and care are very important to your baby. It is important for mothers and babies to be together as much as possible while in the hospital.**

### Baby's Care in the Hospital

If baby is with you or in the NICU, stay connected by:

- ♥ Feeding baby
- ♥ Changing diapers
- ♥ Comforting baby
- ♥ Providing skin-to-skin contact
- ♥ Helping to keep things quiet and calm around baby

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### Members of baby's care team can include:

- Doctors, nurses, social workers. They may come to your room and the baby's room if you are not together in the morning. This is often called morning rounds.
- Ask questions and share your thoughts about the plan for your baby.
- Participate in conversation about your baby's care with members of the care team.
- Child Protective Services (CPS) or Children and Youth Services (CYS) may be part of the care team and may meet with you in the hospital or after you go home.

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### Breastfeeding?

Breastfeeding may be an option, depending on the medicines you are taking and how long you have been in treatment. If you want to breastfeed, ask your health care team about it. The decision to breastfeed your baby will be made by you and the care team. Breastfeeding provides many benefits to you and your baby.

Babies with Neonatal Abstinence Syndrome (NAS) who receive breast milk sometimes require less medications and may stay in the hospital for shorter periods of time.

Talk to your healthcare provider about your desire to breastfeed to see what is best for your baby and if medicines you take are safe.



The goal is to support you in taking care of yourself and your baby after you leave the hospital to make sure that you have all that you need as a new mother going forward.

- Continue with your Medication Assisted Treatment (MAT)
- Communicate openly with your baby's care team



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