

How can I help my baby?

- ✓ Be sure your baby has regular check-ups with the doctor
- ✓ Talk to your doctor about feeding plans for your baby
- ✓ Give your baby close attention, especially to their body language and cues



Caregivers Need Care Too

Take care of yourself. Ask for help if you feel overwhelmed or tired. It is important to manage your stress and stay healthy.

Resources

Here are some places you can contact for more information and support for you and your baby:

Tri-Counties Regional Center: Offers support if your child is experiencing delays or abnormal patterns in the areas of communication, language, motor skills, problem solving or social behavior.

For Santa Maria: **(805)922-4640**

For Santa Barbara: **(805)962-7881**

CALM:

Provides resources and guidance for parents caring for children with behavioral issues.

For North County: **(805)614-9160**

For South County: **(805)965-2376**

Alpha Resource Center:

Helps with services for families who have children with developmental disabilities or those who may be at risk.

For help anywhere in the county:

1(877)414-6227

Santa Barbara County
Public Health Department
Maternal, Child & Adolescent
Health Program
1-800-288-8145

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Caring for Babies Exposed in the Womb



For caregivers of infants exposed to drugs, alcohol or tobacco

Caring for Baby

Caring for any new baby can be an exciting time. It is important to know that your baby may have some added challenges.

Your baby will need extra care and attention.



Try these tips to make sure your baby feels calm:

- ◆ Use a calm, soothing voice
- ◆ Keep the lights turned down low
- ◆ Avoid loud noises, including the television or music
- ◆ Keep the same routine by having a set bedtime and feeding time
- ◆ If possible, limit the number of caregivers for the baby

Work through common challenges your baby may be experiencing

Is your baby...?	Try this...	Why it works
<p>Difficult to soothe</p> <p>or</p> <p>Having trouble sleeping</p>	<p>Bundle or swaddle your baby</p> <p>Be sure to place your baby on their back when putting them down to sleep. Make sure the swaddle is not too tight and that your baby can still move their hips.</p>	<p>Swaddling or wrapping babies snugly helps control their movements and provide comfort. It is important to stop swaddling before baby can roll over. This happens around 2 months of age.</p>
	<p>Rhythmic swaying or rocking</p> <p>Gently rock or bounce your baby—being careful not to shake them.</p>	<p>Babies enjoy and can be comforted by repetitive, rhythmic motion.</p>
	<p>Infant Massage</p> <p>Try massaging your baby with light, soothing touches.</p>	<p>Massage can help your baby relax and feel a sense of calm.</p>
	<p>Bathe your baby</p> <p>Use warm water and then lightly apply lotion on your baby.</p>	<p>The warmth of the water and your soothing touch can be comforting to your baby.</p>
<p>Crying a lot</p>	<p>Respond Quickly</p> <p>Pay attention to your baby's cries to figure out their needs. They may need food, a diaper change, your comfort or they may be too warm or too cold.</p>	<p>You can build trust and help your baby feel safe by paying close attention to them, especially when they are crying.</p>
<p>Having trouble feeding</p>	<p>If you are bottle feeding, use a pacifier</p> <p>This guides your baby to form a more organized sucking pattern.</p> <p>If you are breastfeeding, don't use a pacifier until breastfeeding is well established.</p>	<p>Exposed babies can have trouble with fine motor skills. This can make it hard to breast or bottle feed.</p>