



Our care team has special training and knowledge to support you and your baby through pregnancy, birth, and your baby's withdrawal. Our experts provide comprehensive care in maternal-fetal medicine, substance use disorders and newborn medicine.

Our goal is to work with you to create a positive experience for you and your baby. Using the Eat-Sleep-Console approach, we support your baby's healthy development, while improving your parenting confidence and skills and creating a healthy path forward for you both.

## **What can I expect in the hospital?**

Our goal is for you and your baby to stay together in a private room, either in Von Voigtlander Women's Hospital or C.S. Mott Children's Hospital.

Babies who need medicine may be in the hospital for about a week, but some babies need to stay in the hospital longer.

You and your baby's medical team will talk about what your baby needs in order to go home safely. This will include eating, sleeping, and being consoled in addition to other things all babies need.

## **How can this guide help me with my baby's behavior?**

This booklet will help you and your baby every day. Using your baby's behavior as a guide, you will learn what actions to take to calm your baby when they need it most. Follow these steps to use the table below:

1. Observe your baby's behavior and decide what color zone your baby is in right now (green is most relaxed and comfortable, yellow or red means they need something to be more comfortable).
2. In the left column, look for the **behaviors you see** your baby experiencing.
3. In the right column, read the tips to know **what you can do to help your baby**.
  - Being in the green zone means your baby is comfortable.
  - The yellow zone means your baby needs some help to be comfortable.
  - The red zone means your baby needs lots of help to be comfortable.

- Your baby may be between zones many times each day. The goal is to help your baby get to the green zone.
- When you find something that helps your baby, write it down or circle it in this book.
- As you get used to understanding your baby's needs, you will be able to help them stay calm and stay in the green zone more often.

### If your baby is in the green zone: they are feeling comfortable

Green Zone Behaviors you see in your baby:	Try one thing at a time to help your baby:
<input type="checkbox"/> Baby stays awake and is calm	<ul style="list-style-type: none"> <li>♥ When baby is awake, the lights can be on</li> <li>♥ Show baby a toy or a quiet mobile</li> <li>♥ Read or sing in a quiet voice</li> <li>♥ Take baby for a ride in a stroller</li> <li>♥ Gently rock baby</li> <li>♥ Talk quietly to baby while they swing</li> </ul>
<input type="checkbox"/> Baby sleeps longer between feedings <input type="checkbox"/> They don't need to be held to sleep	<ul style="list-style-type: none"> <li>♥ Keep baby's sleep time quiet</li> <li>♥ Some babies may need to be woken to eat</li> <li>♥ Put baby in their own bed to sleep</li> <li>♥ The bed should be empty except for baby</li> <li>♥ Always put baby on their back to sleep</li> </ul>
<input type="checkbox"/> Baby may still have some tight muscles	<ul style="list-style-type: none"> <li>♥ When baby is awake, help them stretch their arms and legs</li> </ul>
<input type="checkbox"/> Baby may like more activities	<ul style="list-style-type: none"> <li>♥ If baby get upset with a new activity, help them get calm</li> <li>♥ When they are calm, return to an activity you know they like</li> </ul>

**If your baby is in the yellow zone: they need a little help to be more comfortable**

Yellow Zone Behaviors you see in your baby:	Try one thing at a time to help your baby
<ul style="list-style-type: none"> <li><input type="checkbox"/> Baby cries and fusses easily</li> <li><input type="checkbox"/> They need help to stay calm</li> </ul>	<ul style="list-style-type: none"> <li>♥ Offer your baby a pacifier</li> <li>♥ Hold them skin to skin</li> </ul>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Baby startles and wakes up easily</li> <li><input type="checkbox"/> They need help to stay asleep</li> </ul>	<ul style="list-style-type: none"> <li>♥ Keep the room quiet</li> <li>♥ Limit phone and TV noise</li> <li>♥ Swaddle with their hands close to face</li> </ul>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Baby has some short moments of being awake and calm</li> </ul>	<ul style="list-style-type: none"> <li>♥ Lights are okay when they are awake</li> <li>♥ Quietly sing or read to them</li> <li>♥ Talk to them in a quiet voice</li> </ul>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Baby's movements are calmer</li> <li><input type="checkbox"/> Their arms and legs are still tight</li> <li><input type="checkbox"/> They may arch their back when upset</li> </ul>	<ul style="list-style-type: none"> <li>♥ Swaddle with their hands close to face</li> <li>♥ They will probably like to be in the swing</li> <li>♥ Help them stretch arms and legs when changing a diaper</li> </ul>

**If your baby is in the red zone: they need help to be more comfortable**

Red Zone Behaviors you see in your baby:	Try one thing at a time to help your baby:
<ul style="list-style-type: none"> <li><input type="checkbox"/> Your baby is crying and fussing a lot</li> <li><input type="checkbox"/> They have a constant, high-pitched cry</li> <li><input type="checkbox"/> They are hard to calm down</li> </ul>	<ul style="list-style-type: none"> <li>♥ Snuggle your baby close</li> <li>♥ Hold them skin to skin</li> <li>♥ Offer them the pacifier</li> </ul>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Your baby is very sensitive to noise</li> </ul>	<ul style="list-style-type: none"> <li>♥ Keep the room quiet</li> <li>♥ Limit phone and TV noise</li> <li>♥ Swaddle them, putting hands close to face</li> </ul>

<input type="checkbox"/> Your baby has trouble falling asleep	<input checked="" type="checkbox"/> Lights are okay when they are awake <input checked="" type="checkbox"/> Quietly sing or read to them <input checked="" type="checkbox"/> Talk to them in a quiet voice
<input type="checkbox"/> Your baby's muscles are tight <input type="checkbox"/> Their body is tense <input type="checkbox"/> They move in a jittery way <input type="checkbox"/> Their arms and legs won't stop moving <input type="checkbox"/> They arch their back when upset	<input checked="" type="checkbox"/> Keep your baby swaddled with hands close to face <input checked="" type="checkbox"/> Rock them in one direction (such as side to side, or up and down) <input checked="" type="checkbox"/> They might like to be in the swing

**How do I know when to feed my baby, and when they've had enough?**

It's important to feed your baby when they are hungry, and to stop feeding them when they show you they are done. Here are some ways you can tell when your baby is hungry:

- Your baby will move hands to their mouth, or suck on their fist or fingers.
- If your baby does those things first and then fusses or cries, they are really hungry and need to eat now!

Your baby will tell you when they need a break from eating, using these signs:

- Your baby will stop sucking or close their mouth.
- They may turn away from the breast or bottle.

As your baby grows, they will drink more milk in less time. Keep looking at the ways they are telling you when to start and when to stop feeding.

**How can I create a calm environment at home?**

There are things you can do to make your home a calm, safe place for your baby. Think about how you can use these tips after you and baby are home together.

**Keep it quiet**

- Turn down the volume on the TV or radio.
- Use a quiet voice when talking.

- Keep your phone ringer on a low setting.
- When you play music, play it softly.

### **Limit lights and keep them low**

- Use natural sunlight when possible.
- Avoid fluorescent lights.
- Avoid toys that light up.
- Your baby should not watch TV or screens.

### **Sleep is healing**

- Your baby should sleep on their own in a quiet room.
- Do not wake your baby unless it is time to eat.
- Don't disturb your baby while they are sleeping.
- Keep your baby sleeping on their back.

### **Slow, steady moves**

- Use slow and gentle movements with your baby.
- Try swaying or rocking side to side or up and down.
- Only use a swing if your baby stays calm in it.
- Swaddle your baby to help them stay calm.

### **Stick to a routine**

- Your baby does best with regular times for naps and overnight sleeping. Keep them at home as much as possible.

### **Limit visitors**

- Make sure there aren't too many people around at first.
- Remind visitors to stay calm and quiet.
- Don't pass your baby from person to person.

### **Awake and calm is a good time to play**

When you notice your baby is awake and calm, gently introduce them to a new activity. **Try one new activity at a time.** If an activity makes your baby upset, stop and do something that calms them. You can try the new activity again later.

- **Some good activities to try:**
  - Reading a book.
  - Singing softly.
  - Gently moving arms and legs.
  - Putting them on their tummy to play.
  - Playing a quiet game like pat-a-cake.
- **Add these activities slowly:**
  - Mobiles with music or lights.
  - Toys with lights or sounds.
  - Time with more than 1 or 2 other people at once.
  - Trips away from the house.

### **When should I call my baby's doctor?**

Your baby may have symptoms of withdrawal for up to 6 months after birth. Call your baby's doctor if these symptoms return or get worse:

- **Muscles and movements:**
  - Muscle tightness
  - Startles easily
  - Tremors/shaking or jerky muscles
  - Extra sucking
  - Lots of yawning
- **Crying:** Constant, high pitched cry
- **Sleeping:** Sleeping less than 2 hours at a time after eating
- **Digestion/eating:**
  - Loose or watery poop
  - Explosive diarrhea
  - Throwing up
  - Stops eating well for more than a few hours
- **Respiratory:**
  - Stuffy nose
  - Lots of sneezing
  - Fast breathing
- **Other:**
  - Sweating or fever
  - Skin breakdown or bad diaper rash

## What is the contact information?

Pediatrician's phone number: \_\_\_\_\_

## Taking good care of yourself is taking good care of your baby

### Here are some tips to help you take care of yourself:

- Remember that your presence and touch are healing for your baby.
- Make a list of friends and family that can give you positive support.
- Ask friends and family when you need help with your baby's care.
- Know that it's normal if you're having a hard time.
  - If you get mad while your baby is crying, put baby in their bed and take a break. Visit the website: Period of Purple Crying for more information on crying: <http://www.purplecrying.info/>
- Call your doctor if you are feeling sad or down.
- Notice what things are stressful and what things help you relax in a healthy way.
  - Practice deep breathing, visualization, or meditation to help manage stress.
  - Set a routine that works for you and your baby.

### Your baby needs you to be healthy!

- Eat healthy foods and drink lots of water.
- Find some quiet time for yourself every day.
- Get good rest while your baby is sleeping.

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Edited by: Karelyn Munro BA

Patient Education by [Michigan Medicine](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](#). Last Revised 01/2021