

A Guide for Caregivers **Prenatal Opioid Exposure**

Current Knowledge & Resources
for Toddlers and Preschoolers

Support and information for all caregivers of young children prenatally exposed to opioids.



Biological



Adoptive



Foster



Kinship

Learn About
Project SCOPE



Caregiver Resources



Developmental Milestone Tracking Tools

- Center for Disease Control (CDC) "Learn the Signs. Act Early." program offers a mobile app (in English and Spanish), milestone checklists, colorful children's books, and parent and provider resources for ages birth-5 years.
 - <https://www.cdc.gov/ncbdd/actearly/index.html>
 - Search "CDC Milestone Tracker" from the Android and Apple App store to download for free
- Pathways: Milestone checklists, videos, and parent resources for ages birth-6 years.
 - <https://pathways.org/>

Early Intervention

- Services and supports available to children birth - 3 years with developmental delays or disabilities and their families. A health care provider may submit a referral for these services or caregivers can directly contact their state programs to request evaluation for services.
 - Find your state's Early Intervention organization program here:
 - <https://www.cdc.gov/ncbdd/actearly/parents/state-text.html>

Utah Early Intervention

- In the state of Utah, any child with a diagnosis of NAS is a qualifying diagnosis for Early Intervention.
- Anyone can refer a child to Early Intervention. You do not need the referral to come from a doctor.
- Find an Early Intervention Program near you by visiting <https://health.utah.gov/cshcn/programs/babywatch.html>
- Find resources available to you from the Learn the Signs. Act Early. Utah Program <https://idrpp.usu.edu/act-early-utah/index>

Prenatal Opioid Exposure

What We Know

Children exposed to opioids before birth are all unique in how they grow and develop. Research tells us they may experience delays in development and/or behavioral concerns. As your child grows, watch for and discuss any concerns you may have with your child's doctor. See below for common developmental concerns.



Behavior | Challenges with attention, impulsivity, and calming when upset or overwhelmed.



Sensory | Preferences to how they interact with their environment. Examples: Sensitivity to noises, touch, textures of foods. Craving movement, chewing non-food items.



Learning | Need for school supports (IEP or 504 Plan) to access education appropriately.



Vision | Failed visual exams, eye drifting or alignment issues, eye movement control, and how clear your child sees.



Speech | Delays in speech/language skills (speaking, understanding words or instructions) and literacy skills (reading).



Medical Follow Up | Increased risk to not participate in regularly scheduled well-child visits during early childhood.

Who Can Help

Build Your Child's Team



Developmental Behavioral Pediatrician

A Developmental Behavioral Pediatrician can help monitor your child's development and make a plan for supporting their health throughout their childhood and adolescence.

Pediatricians can also help link your family to additional services and resources.



Early Intervention/School Support Services

For children birth to 3 years old, Early Intervention can help your child your child's early learning and support starting school.

For children 3 years or older, your child's school district can help make a plan to support your child's learning.

Request, in writing, an academic evaluation for an Individualized Education Plan (IEP) or accommodation's (504 Plan) for school participation concerns.



Speech Language Pathologist (SLP)

A SLP can help make a plan to support your child's language development.

Working on skills including:

- Expressive language (speaking/communication)
- Receptive Language (understanding communication)
- Speech fluency and articulation



Occupational Therapist (OT)

An OT can help make a plan to support your child's sensory needs and build coping skills.

Working on skills including:

- Identifying sensory needs
- Tolerance for bathing, toothbrushing, grooming
- Trying new foods
- Drawing, writing, puzzles



Psychologist Specialized in Child Development

A Psychologist can help make a plan to support your child's behavior and interactions with others.

Working on skills including:

- Calming and coping skills
- Positive interactions with others
- Participating in daily routines and transitions
- Caregiver and parent coaching



Ophthalmologist & Optometrist

An Ophthalmologist or Optometrist can help make a plan to support your child's vision.

Evaluating and intervening for concerns of:

- Eye alignment/drift (strabismus)
- Visual Acuity (clarify of vision)
- Eye movement control (nystagmus)



Social Work/Care Coordination

Social work services may be available through organizations such as hospitals, clinics, or community.

Social workers can support with coordinating appointments and transportation, locating community resources, and providing emotional support to families.