

# Resources For Families

## 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>

## Project SCOPE: Supporting Children of the Opioid Epidemic

is a national training initiative intended to build nationwide provider capacity and confidence in applying evidence-based practices in screening, monitoring, and interdisciplinary support for children and families diagnosed with Neonatal Abstinence Syndrome (NAS), Neonatal Opioid Withdrawal Syndrome (NOWS), or who are suspected of being impacted by opioid use, trauma, or related exposure.

Learn more at:

<https://idrpp.usu.edu/project-echo/index>



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# NAS NOWS

Neonatal Abstinence Syndrome  
Neonatal Opioid Withdrawal Syndrome





## Signs of NOWS in Babies



- Long periods of crying
- Jerking of arms and legs
- Poor sleeping
- Stuffy nose
- Sneezing
- Fever
- Small gestational size
- Poor feeding
- Poor weight gain
- Stiff arms, legs, and back
- Spitting up/diarrhea
- Increased breathing rate
- Seizures
- Skin breakdown

Neonatal Abstinence Syndrome (NAS)/ Neonatal Opioid Withdrawal Syndrome (NOWS) can occur if a baby is prenatally exposed to opioids and/or other substances in utero. Once born, the baby is no longer receiving these substances and withdrawal symptoms can start.

NOWS is more commonly used to describe babies who have prenatal opioid exposure.

## Calming Tips

### Long Periods of Crying or Fussing

Avoid loud noises, bright lights, and talking into baby's face. Hold baby close wrapped in a light blanket. Lightly pat baby's bottom or belly.

### Jerking of Arms and Legs

Wrap baby tightly in a light blanket.

### Poor Sleeping

Let baby sleep in a quiet room. Do not wake or pick baby up while sleeping. DO NOT sleep with baby.

### Spitting Up

Hold baby in a sitting position after feedings and burp often.

### Diarrhea

Change baby's diaper often and use diaper cream if needed for skin breakdown.

### Fever/Sweating

Dress baby in light clothing and light blankets.

## Potential Developmental Concerns in Toddlers

Children who have experienced prenatal opioid exposure may experience developmental delays as they grow up. Developmental monitoring should be completed over time focused on:

- Behavior and self-regulation
- Learning and problem solving
- Motor skills
- Sensory processing
- Speech and language skills
- Visual skills

