Caring for any new baby can be challenging, but babies who were exposed to drugs or alcohol in the womb may have some additional challenges. They may cry a lot, be hard to soothe or have trouble eating and sleeping. It is important that parents, relative caregivers and/or foster parents be provided information on how to care for and calm a drug exposed baby. The following tips are useful for caregivers:

**Bundle or Swaddle Your Baby**
- Wrap him/her snugly in a blanket to control movements and provide comfort

**Have a Quiet and Stable Environment for Your Baby**
- Use a calm, soothing voice
- Keep the lights turned down low
- Keep your baby from being too hot or too cold
- Avoid loud noises (turn off the television and loud music)

**Keep the Same Routine for Your Baby**
- Have set bed and nap times and feeding times
- Try soothing activities (one at a time) with the baby
- Gently rock or bounce your baby with a slow rhythmic movement-being careful to never shake him/her
- Massage your baby with a light gentle, soothing touch
- Bathe the baby in a warm bath and then lightly apply lotion to the baby’s body
- Reduce activity levels before bedtime

**Be Patient and Take Care of Yourself**
- With time, you will discover what works best for your individual baby

**If at All Possible, Limit the Number of Caregivers.**
- Drug exposed infants do best with consistent care and familiar faces