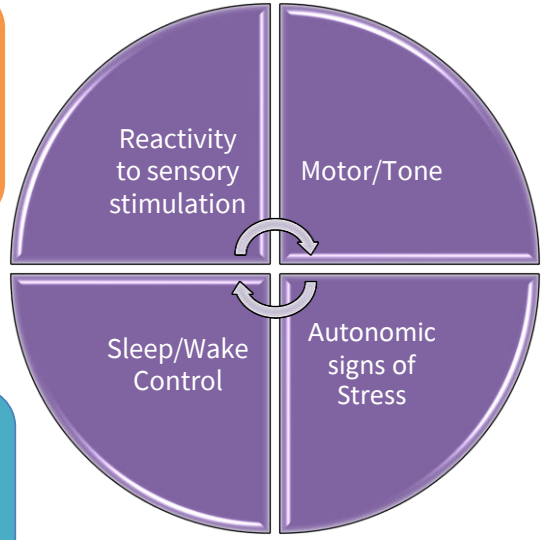
# Supports For Infants Who Have Experienced NAS

Touch: Gentle, slow
Visual: Dim environment
Sounds: Speak quietly
Movement: Hold, contain
Multiple sensitivity, swaddling




Pacifier as desired by baby
Containment, holding
Swaddling
Positioning aides
Rocking

Assist with transition
Slow gentle handling
Adjust stimulation based on infant cues

Promote rest
Adjust environment – reduce activity
Identify triggers that lead to signs of stress
Understand baby's limits
Gradual presentation of new things
Sensitivity to feedback signals