

Garrett County Health Department
Early Care Programs

Safe Sleep Program And Newborn Regulation & Comfort



A program to address Safe Sleep
Environments for Your Baby
and Neonatal Abstinence Syndrome

How can I get more information?

Garrett County Health Department
Early Care Programs
1025 Memorial Drive
Room 204
Oakland, Maryland 21550

Phone: (301) 334-7720

Email: maria.friend@maryland.gov or
debra.house@maryland.gov



The GCHD Early Care Home Visiting Programs
are a Local Management Board program
administered by the GCHD and funded through
the MD Governor's Office for Children and/or the
MD State Department of Education.

May 2022

If you would like more information, please call us at (301) 334-7720 or complete this form and return it to:

Garrett County Health Department
Early Care Programs
1025 Memorial Drive
Oakland, MD 21550

Name: _____ Phone number: _____

Address: _____

Email Address: _____

What is the Safe Sleep Program?

“Safe sleep” means putting your baby to sleep in ways that can help protect them from dangers, such as choking and suffocation, as well as Sudden Infant Death Syndrome (also known as “SIDS”). SIDS is the unexplained death of a baby younger than 1 year old. SIDS usually occurs when a baby is sleeping.

Parents and caregivers can reduce the risk of SIDS by:

- Placing babies on their backs each time they sleep. Keep soft bedding, pillows, soft toys and bumper pads out of baby’s sleep area;
- Placing babies on a firm surface, such as a mattress, in a safety-approved crib;
- Sharing your room, not your bed, with babies, and;
- Asking parents and caregivers how they place the baby to sleep, challenges to following those recommendations, and assist them in finding safe solutions.



What is Neonatal Abstinence Syndrome?

Neonatal abstinence syndrome (NAS) is a group of problems that occurs in a newborn who was exposed to opioid drugs for a length of time while in the mother's womb.

NAS may occur when a pregnant woman takes drugs such as heroin, codeine, oxycodone (Oxycontin), methadone, or buprenorphine.

These and other substances pass through the placenta that connects the baby to its mother in the womb. The baby becomes dependent on the drug along with the mother.

If the mother continues to use the drugs within the week or so before delivery, the baby will be dependent on the drug at birth. Because the baby is no longer getting the drug after birth, withdrawal symptoms may occur as the drug is slowly cleared from the baby's system.

Withdrawal symptoms also may occur in babies exposed to alcohol, benzodiazepines, barbiturates, and certain antidepressants (SSRIs) while in the womb.

Babies of mothers who use opioids and other addictive drugs (nicotine, amphetamines, cocaine, marijuana, alcohol) may have long-term problems.

Courtesy: Medlineplus.gov



What we do . . .

Early Care Programs can help by providing a Pack ‘n Play for safe sleep to those families facing unstable housing or those who may be homeless.

Babies born with neonatal abstinence syndrome need infant regulation and comfort. Early Care Programs can connect those families and caregivers with our loaner “Mamaroo” infant swing.

