

New Approach to Success Program

Welcome to the **New Approach to Success Program** at Penn Highlands Healthcare. It is our goal for you and your baby to be safe and healthy - during and after pregnancy. We want to prepare you for what to expect. We want you to be successful!

EAT, SLEEP and CONSOLE what is it?

Eat, Sleep and Console is a way to watch your baby for signs of withdrawal from substances exposed to in utero.

Your newborn baby has three jobs:

- The first job is to **EAT** an adequate amount for growth and development.
- The second job is to **SLEEP** for at least one hour without waking.
- The third job is to be able to **CONSOLE** within 10 minutes.

The Penn Highlands Maternal Child Health team will observe your baby for at least four to seven days. Observations for feeding and consoling are done while the baby is awake. The length of stay in the hospital is determined by the baby's physician and your baby's ability to eat, sleep and be consoled.



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www.phhealthcare.org/baby

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988 SUICIDE AND CRISIS LIFELINE

<https://988lifeline.org/>

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Penn Highlands Healthcare



*Parent Guide to Eat,
Sleep and Console*



EAT

Good Feedings:

- Baby is eating early with hunger signs and without any limit on the amount or how long the baby eats.
- *Breastfeeding:* Baby can latch deep and with a comfortable latch for the mother. Baby is actively sucking only taking small breaks.
- *Bottle Feeding:* Baby can eat without gagging, drooling or spitting up.

If you need help with breastfeeding or bottle feeding, please ask for help from the nurses. Nurses can help and see if baby needs a different bottle position or type of nipple.

Poor Feedings:

Baby will be accessed for poor feeding if:

- Baby can't eat within 10 minutes of acting hungry.
- Baby can't eat well at the breast **and/or** with a bottle, syringe or finger because baby is fussy, shaking or is sucking extra.

SLEEP

Baby will be accessed for poor sleeping if:

- Baby sleeps less than 1 hour after eating because baby is fussy, shaking and uneasy or is easily scared.

The nurses can help provide hints for helping baby sleep safely.

CONSOLE

Baby will be accessed poor if:

- Baby continues to cry and be fussy for 10 minutes or more and can't be comforted by the person caring for the baby.

A great way to help your baby be comfortable is to have the baby in the room with you or be at your baby's bedside as much as possible when in the NICU to give your baby loving care and support.

WHAT HAPPENS IF MY BABY CANNOT EAT, SLEEP OR BE CONSOLED?

The Maternal Child Care Team and your baby's provider will make sure we are maximizing all comfort measures for your baby.

Comfort measures include, but are not limiting to:

- Swaddling
- Low lights in the room
- Rocking
- Holding
- Swaying
- Shushing
- Swinging
- Talking/singing to baby in a low voice
- Holding your baby skin to skin

Your role as a parent:

- **You can provide the best comfort for your baby — your baby already knows you.**
- We encourage parents and or mother with a support person to be with their baby throughout the hospital stay.
- It is okay if you get tired. We practice safe sleep for your baby — this includes adequate sleep for you. You need to be alert when providing care.
- Always lay baby on back in a crib and free from danger
- We encourage mother's to breastfeed. Ask about what feeding options are best for your baby.

WILL MY BABY NEED MEDICATION TO HELP WITH WITHDRAWAL SYMPTOMS?

Your baby's provider will discuss any need for treatment with you.

Each baby is treated individually. We encourage you to be involved with the assessment and to ask any questions you may have.

Other signs and symptoms of withdrawal in babies include:

- Increased tone
- Tremors or body shaking
- Poor feeding: this includes inability to suck or latch
- Excessive sucking
- Skin irritation: this may include the face, hands feet, knees, and diaper area
- Fever
- High respiratory rate
- Excessive crying
- Vomiting
- Loose or liquid stools
- Sweating
- Frequent yawning
- Sneezing
- Blotchy skin

