

## Prenatal Opioid Exposure – Caring for Families

### Anticipatory guidance for infants and children exposed to opioids

The AAP Bright Futures outlines the priorities and risks for general anticipatory guidance offered to all families, which changes/evolves based on the age of the infant/child. Families with prenatal opioid exposure may need more specific anticipatory guidance emphasized during visits as shown in the table here:

Anticipatory Guidance for Prenatal Opioid Exposure	Prenatal	New	1-mo	2-mo	3-mo	4-mo	6-mo	9-mo	12-mo	15-mo	18-mo	24-mo	30-mo	3-y
Opioid and other substances use (alcohol tobacco, marijuana, amphetamines, etc), prescribed and nonprescribed medications	Yes – All visits													
Over the counter medications for the infant	-	-	-	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Perinatal depression (screening)	-	-	Yes	Yes	-	Yes	Yes	-	-	-	-	-	-	-
Parental emotional and mental health well-being	-	Yes – All visits after birth												
Parent-infant bonding	-	Yes	Yes	Yes	Yes	Yes	Yes	Yes	-	-	-	-	-	-
Family support/support people	-	Yes – All visits after birth												
Community resources: housing, nutrition/food, financial assistance.	-	Yes – All visits after birth												
Pregnancy adjustment & preparing for delivery	Yes	Yes	Yes	-	-	-	-	-	-	-	-	-	-	-
Intimate partner violence	Yes – All visits after birth													
Breastfeeding	Yes – Offered as appropriate based on ability to breastfeed										-	-	-	-
Newborn health risks and NOWS management & nonpharmacologic care (eg, Eat, Sleep, Console*)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	-	-	-	-	-	-	-
Medications for Opioid Use Disorder	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	-	-	-	-
Risk of return to use & accidental overdose	Yes – All visits													
Medication storage	Yes – All visits after birth													
Safe sleep	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	-	-	-	-	-
Firearms & home environment safety (burns, poisoning, falls, drowning)	-	Yes – All visits after birth												
Environmental concerns (tobacco exposure, lead, pica, mold, etc)	-	Yes – All visits after birth												
Developmental screening and surveillance	-	-	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Behavioral and social development and interactions, sibling relationships	-	-	-	-	-	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Pre-school and academic	-	-	-	-	-	-	-	-	-	-	-	Yes	Yes	Yes

\* *Eat, sleep, console* is an approach to monitoring and treating infants with prenatal opioid exposure. If the infant's ability to eat, sleep and be consoled is impacted by withdrawal the birth parent/caregiver can use methods such as skin-to-skin contact, frequent feeding and holding the baby in a quiet room with low light to calm them.