



Creating a healthy, drug-free environment for your growing baby

Bringing life into this world is sacred. Our teachings remind us that pregnancy is a time to be surrounded by love, healing, and community care. If you're using substances and are pregnant or thinking about pregnancy, support exists.

What is neonatal abstinence syndrome?

When opioids or other substances are used during pregnancy, babies can be born with withdrawal symptoms known as neonatal abstinence syndrome (NAS). Other substances can lead to NAS or cause similar withdrawal symptoms. But our focus isn't just on symptoms, it's about **strengthening the circle of care around you and baby**.

When choosing recovery, remember:

- ▶ Our kinship systems remind us that healing happens together.
- ▶ Connecting with a culturally grounded program, doula, or peer support specialist makes a difference.
- ▶ You have a right to care that respects your story, culture, and path forward.

If you're pregnant or planning to become pregnant and using opioids:

- ✓ **Tell** your community health worker, an Elder, Birthworker, or health clinic who can help connect you to care that honors your journey.
- ✓ **Make sure** any healthcare provider knows you're pregnant or planning a pregnancy.
- ✓ **Don't stop suddenly**. There are safe ways to reduce or stop opioid use. You will need support to avoid harmful symptoms for you and your baby.
- ✓ If you're experiencing an opioid addiction, it's okay to tell your Birthworker, midwife, or doctor. They can talk about **medication-assisted treatment** (MAT).
- ✓ **Choose** your birthing space that supports healing. Some hospitals are trained to support babies with withdrawal symptoms and families in recovery.