

YOUR CHILD'S SAFETY

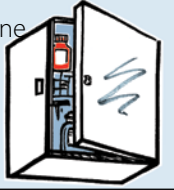
Advice for parents and carers
on storing methadone, safe
sleeping and settling babies

NSW Health Opioid Treatment Program

NEVER EVER GIVE METHADONE TO YOUR CHILD

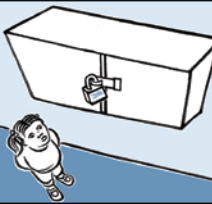
Always store your medication away from your child's reach.

Do store your methadone dose in a child-proof medicine cabinet



OR

In a locked cupboard in a high location



Don't keep it in the fridge



Don't keep it in the car glove box



Don't keep it under your bed



Don't keep it in your handbag



Don't put it into other containers - it could be mistaken for something else and taken by accident



Don't take your methadone dose in front of children



Even small doses of methadone can KILL your baby or child

If your child has swallowed methadone they may:

- ▶ turn **pale**
- ▶ develop a **cold, sticky sweat**
- ▶ become **unconscious or unable to be woken up**
- ▶ make unusual **snoring/gurgling noises/breathe with difficulty.**

If you think your child has swallowed methadone call an ambulance. If your child is not breathing start mouth-to-mouth resuscitation until the ambulance arrives.

Take the methadone container with you and tell the hospital staff what time your child swallowed the methadone and the amount (if you know).

Ring 000 immediately if your child has swallowed methadone

SAFE SLEEPING PRACTICES

- ▶ Sleep your baby on their back



- ▶ Keep baby's face uncovered
- ▶ Don't sleep with your baby, you may roll over in your sleep and suffocate them



Talk to your local child and family nurse about ways to settle your baby.

WAYS TO SETTLE YOUR BABY

- ▶ Walk or rock your baby snuggled up close to your chest so the baby can feel your heartbeat
- ▶ Sing or talk to your baby
- ▶ Wrap your baby in a soft blanket
- ▶ Gently stroke your baby in a relaxing and rhythmical way
- ▶ As your baby gets older, establish good sleeping patterns with set bedtime rituals such as dim lights, regular feeding and dressing your baby in comfy pyjamas.

Get help if you are having trouble settling your baby.

Never give your baby drugs or alcohol to settle them. It could kill them.



USEFUL NUMBERS

- ▶ **Tresillian 24 hr Parents Help Line**
(02) 9787 0855 (Sydney residents)
1800 637 357 (outside Sydney)
Advice on a range of parenting issues
- ▶ **SIDS and Kids**
1300 308 307
Information on safe sleeping
- ▶ **Parent Line 24 hr**
132 055 (statewide)
- ▶ **Alcohol and Drug Information Service**
(02) 9361 8000 (Sydney residents)
1800 422 599 (outside Sydney)
Confidential 24 hour information, advice and counselling

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