

Recovering TOGETHER

Donna and Moises

When Donna learned she was pregnant, she immediately started Medication Assisted Treatment, since stopping opioid use during pregnancy could be dangerous for both her and Moises. Donna was excited, but she wasn't sure what to expect when she gave birth.

When Moises needed treatment in the neonatal intensive care unit, Donna and her husband both provided skin-to-skin holding, also called Kangaroo Care, to help Moises recover.

"Kangaroo care was awesome. When he gets restless, we'll use skin-to-skin contact, and just 5 to 10 minutes later, he calms down. Kangaroo care made me very happy. It made him happy too."

LET'S RECOVER TOGETHER

For help, call:
512-838-4373



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*Substance Use
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