

**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 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).

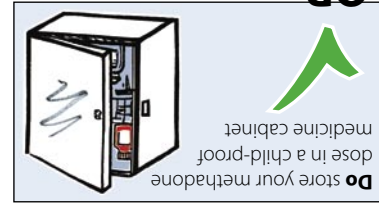
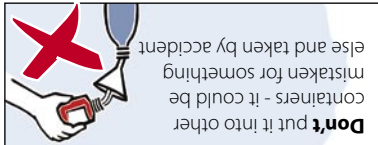
**Ring 000 immediately if your child has swallowed methadone**

**YOUR CHILD'S SAFETY**

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



NSW Health  
Opioid Treatment Program



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

**NEVER EVER GIVE METHADONE TO YOUR CHILD**

## SAFE SLEEPING PRACTICES

- ▶ Sleep your baby on their back



- ▶ Don't cover their face
- ▶ Don't sleep with your baby, you may roll over in your sleep and suffocate them



## 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
- ▶ Establish good sleeping patterns with set bedtime rituals such as dim lights, regular feeding and dressing your baby in comfy pyjamas.

To order more leaflets please contact the Better Health Centre on (02) 9816 0452

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 hour Parents Help Line**  
**(02) 9787 0855** (Sydney residents)  
**1800 637 357** (outside Sydney)  
On-the-spot advice on a range of parenting issues
- ▶ **Alcohol and Drug Information Service**  
**(02) 9361 8000** (Sydney residents)  
**1800 422 599** (outside Sydney)  
Confidential 24 hour information, advice and counselling

- ▶ **SIDS and Kids**  
**1300 308 307**  
Information on safe sleeping

**Never EVER give methadone to your child**