



ANY use of alcohol or other drugs during pregnancy may cause harm to you and your baby.

- *No one knows how much alcohol (beer, wine, hard liquor) or drugs (marijuana, coke, meth, oxy, other pills or drugs) is too much.*
- *Why take a chance with your baby's future?*
- *Now is the time to stop drinking or using. Your baby needs you to say "NO".*
- *What can happen if you continue to use or drink?*

Alcohol Can Cause:

- Miscarriage
- Facial defects
- Small baby
- Heart problems
- Mental retardation
- Hyperactivity
- Slow learners
- Behavior problems
- Fetal Alcohol Spectrum Disorder

Drug Use Can Cause:

- Miscarriage
- Addiction of the baby
- Birth defects
- Hyperactivity
- A small baby
- Behavior problems
- A baby born too early

Many pregnant women worry that if they admit they "use," their baby will be taken from them. This usually does not happen. Entering a treatment program shows you want to change. The program will help you to stop "using" and teach you new ways to take care of yourself and be a clean and sober mother.

Talk to your health care provider or clinic counselor about a treatment program that can help you and your baby. It is never too late to stop. To find the most up-to-date information on medications, alcohol and drug exposure while pregnant or when breastfeeding go to MotherToBaby.org.

Now is the best time to quit!