



ALCOHOL, TOBACCO AND OTHER DRUGS

DURING PREGNANCY

Your baby needs your love and care. When you are pregnant, everything you put into your body goes into your baby's body too. What you choose to eat, drink, take, or smoke can affect your baby's health. Your decisions matter.

GIVE YOUR BABY A HEALTHY START

- Quit smoking today - it is never too late. Tobacco and e-cigarettes contain chemicals that can hurt your baby. Even if you had trouble quitting before, try again.
- Keep away from others while they smoke. It is harmful to you and your unborn baby.
- Take a break from alcohol, beer, wine, wine coolers, and mixed drinks. No amount of alcohol is safe while you are pregnant.
- Talk to your doctor before taking any medications during pregnancy.
- Any use of street drugs can harm your baby. If you are using street drugs, get help from someone you trust. Protect your baby.

DO NOT USE



- ✘ Crack/cocaine
- ✘ Speed or uppers or downers
- ✘ Heroin
- ✘ Marijuana
- ✘ PCP or Angel dust
- ✘ LSD
- ✘ Meth
- ✘ Other street drugs

To take care of your baby, take care of yourself. Your body is your baby's whole world. Any drug you take goes into your baby too.



WHAT TO DO WHEN BABY COMES?

- It is best to stop smoking. If you cannot quit, cut down. Do not smoke around your baby or let anyone else smoke around your baby. Smoke outdoors.
- If you smoke, nicotine and its by-products enter into your breastmilk. Smoking can reduce breastmilk supply, so ask WIC for ways to increase your supply. Limit smoking and breastfeed before you smoke.
- Alcohol passes into breastmilk. If you are breastfeeding:
 - Avoid alcohol or have it only occasionally.
 - Pump or feed baby before you go out.
 - Wait 2 to 4 hours after you have one drink before breastfeeding again. Younger babies are more sensitive to alcohol.
 - Considering more than one drink? Ask for guidance from your health care provider.

YOU ARE NOT ALONE

If you are struggling with alcohol or drugs:

- Talk to your doctor or WIC clinic for referrals.
- Call **QUITPLAN** at **1-888-354-PLAN (7526)** for help quitting smoking. Sign up to get stop-smoking text messages at smokefree.gov/smokefreetxt/ or visit their website at www.quitplan.com.
- Contact **1-800-622-2255** for help quitting drinking or drugs.
- Call or visit **2-1-1** online to find local resources and assistance in your area.

