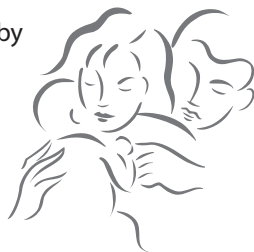


## Have fun having a healthy baby.

If you drank during another pregnancy and the baby was okay, remember, every baby is different. No amount of alcohol can be safe every time.



- The best time to stop drinking is when you decide you want to have a baby.
- If you're already pregnant and stop now, you can still help your baby.
- Enjoy yourself. Take your unborn child to an exercise class, for a walk or a swim.
- Join friends at the movies, a museum, or your favorite places to shop.
- Check with your local clinic or set up your own support group for pregnant women.
- Surprise the father-to-be with a special "dinner for three" that's alcohol-free.
- Have fun being a good mom, even before your baby is born. Be proud of yourself for doing all you can to have a healthy baby.



Have a  
healthy baby.  
Be an  
alcohol-free  
mother-to-be.



# How to have a healthy baby: Be an alcohol-free mother-to-be.



## It's the same risk for every pregnant woman everywhere.

It doesn't matter where you live. Or how much money you have. Or what color you are.

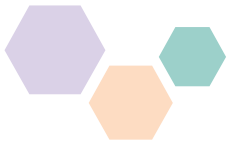
You know the same things. If you eat right and get some exercise, it's good for your baby. If you smoke or use drugs, it's bad for your baby.

But you may not know that drinking even a little alcohol, once in a while, also may hurt your baby.

All pregnant women take the same risk of harming their unborn child every time they take a drink. Because, for mothers-to-be, every drink is one too many.



## There is no safe amount of alcohol when you're pregnant.



When you're pregnant, your baby drinks what you drink.

- Alcohol goes into your bloodstream and crosses the placenta.
- Because babies can't process alcohol, their blood alcohol concentration is higher than their mother's.
- A glass of beer, wine, or a wine cooler is as risky as drinking a mixed drink or cocktail with hard liquor.
- There is no safe time, no safe amount, and no safe type of alcohol to drink while pregnant.
- Your safest choice is not to drink alcohol at all.

## Unborn babies hurt by alcohol may have lifelong problems.

Prenatal alcohol exposure may cause Fetal Alcohol Spectrum Disorders (FASD). The resulting problems range from mild to severe. Some problems can make babies look different; other problems are not visible and may not become apparent until later in the child's life.

- Alcohol hurts as many as 60,000 babies born each year.\*
- The most severely hurt babies are born with brain damage or serious physical problems.
- Babies can be born small and have trouble eating and sleeping.
- Pre-schoolers can be clumsy and have problems speaking and following directions.
- School children can have trouble learning and paying attention. Adolescents can make poor grades and have mood swings.
- As adults, some individuals are unable to manage money and live on their own. Some people need lifelong medical care.
- These alcohol-related problems are all caused by drinking during pregnancy. They cannot be inherited from moms or dads.
- You can prevent problems like these that can never be cured.

\* National Organization on Fetal Alcohol Syndrome (2000), FAS Fact Sheet: Sampson, P.D., Streissguth, A.P., Bookstein, F.L., Little, R.E., Clarren, S.K., Dehaene, P., Hanson, J.W., & Graham, J.M. Jr. (1997). Incidence of fetal alcohol syndrome and prevalence of alcohol-related neurodevelopmental disorders. *Teratology*, 56(5), 317-326.

