

# 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
- ✗ Alcohol
- ✗ Tobacco
- ✗ Other street drugs

To take care of your baby, take care of yourself. Your body is your baby's whole world.



## WHAT CAN YOU DO AS A PARENT?

- Create a healthy home for your child. Stay away from alcohol, tobacco and other drugs. This will set a good example for your child.
- It is best to stop smoking. If you cannot quit, cut down. Do not smoke around your child or let anyone else smoke around your child. Smoke outdoors.
- If you smoke, nicotine and its by-products enter into your breastmilk. Smoking can reduce breastmilk supply. Keep breastfeeding, your breastmilk provides valuable nutrition and benefits to your baby. Ask WIC for ways to increase your supply. Limit smoking and breastfeed before you smoke.
- Alcohol passes into breastmilk. If you are breastfeeding and considering a drink, ask for guidance from your health care provider or WIC staff.

## 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. Click here to sign up to get stop-smoking text messages at [smokefree.gov/smokefreetxt/](https://smokefree.gov/smokefreetxt/) or visit their website at [www.quitplan.com](http://www.quitplan.com).
- Contact **1-800-622-2255** for help quitting drinking or drugs.
- Call or click on **2-1-1** online to find local resources and assistance in your area.

