

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



When You're Pregnant,
Your Baby Drinks What You Drink.



DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention
www.samhsa.gov

Even beer and wine can hurt your unborn baby.

When you drink a glass of beer, wine, or a wine cooler, it passes through your bloodstream to your baby. And your baby gets just as much alcohol as when you have a mixed drink with hard liquor.

The best time to stop drinking is when you decide to get pregnant. If you're already pregnant and stop now, you can still help your baby.

It's the same for every pregnant woman. Every drink is one too many.

**For information call:
Information Resource Center
(866) STOP-FAS**

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Would We Give Our Baby Alcohol?
No Way.



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Alcohol passes through the mother's bloodstream to your unborn baby.

Even if you're not a heavy drinker, alcohol can still harm your child's learning and behavior.

Even if you drank during a previous pregnancy and the child was okay, every baby is different. No amount of alcohol can be safe every time. And a baby can never outgrow the problems caused by alcohol.

It's the same for all families-to-be. Your unborn baby's way too young to drink.

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Alcohol Can Harm the Way
Your Baby Learns and Behaves.



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You can prevent the problems that cannot be cured.

When you're pregnant, everything you drink passes through your bloodstream to your baby. And no amount of alcohol can be safe.

Children whose mothers drink alcohol can be born small. They can have trouble eating and sleeping. They can have problems learning and paying attention. Some may even need lifelong medical care.

It's the same for all mothers- and fathers-to-be. You can protect your baby and your future.

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It's the Same for Every
Pregnant Woman Everywhere.



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Drinking alcohol leads to the
same risk for every unborn baby.

You could be rich or poor. It doesn't matter where you come from.

You still take the same risk if you drink alcohol during pregnancy. Alcohol passes through the bloodstream and hurts as many as 1 in every 100 babies born each year.

It's the same for every baby hurt by alcohol. He or she can have lifelong problems. It's the same for every mother-to-be. Prevention is the only cure.

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