

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



Would We Give Our Baby Alcohol?
No Way.



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

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.

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

Prototype



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