

WHEN YOU ARE PREGNANT WHY SAY NO TO ALCOHOL

There is no known amount of alcohol which is safe to use in pregnancy. Alcohol can affect development from conception through delivery. The more alcohol consumed, the higher the risk to the baby- at birth and later in life



1 in 20

Women admit to binge drinking alcohol (4+ drinks) during pregnancy

40,000

New children affected by fetal alcohol exposure in the US every year

THE RISKS TO YOUR BABIES IF YOU DRINK:

BIRTH COMPLICATIONS

ALCOHOL EXPOSURE CAN LEAD TO INCREASED RISK OF EARLY BIRTH, LOW BIRTH WEIGHT, MISCARRIAGES, AND STILLBIRTH

WITHDRAWAL

BABIES EXPOSED TO ALCOHOL DURING PREGNANCY CAN EXPERIENCE A HIGH-PITCHED CRY, JITTERINESS, AND SEIZURES AFTER BIRTH

DEVELOPMENTAL DELAY

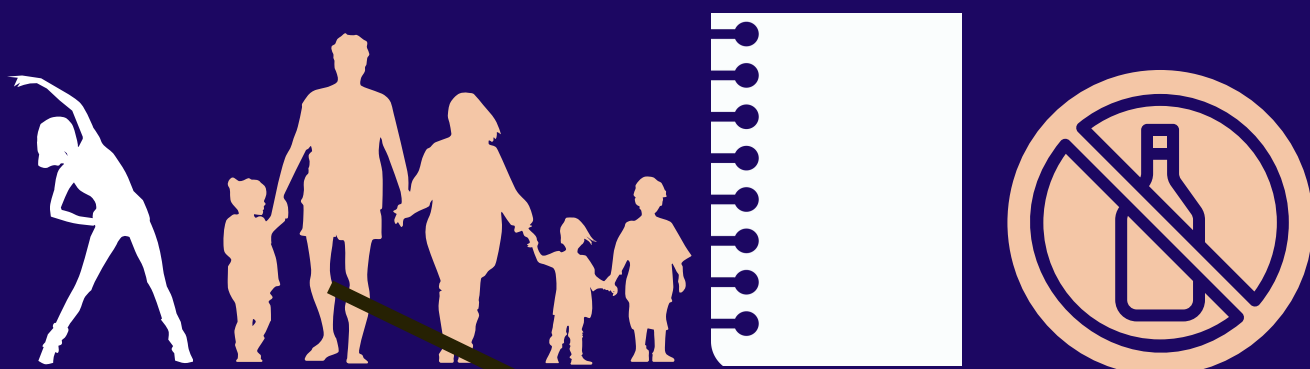
ALCOHOL EXPOSURE CAN IMPAIR DEVELOPMENT OF ORGANS, FACIAL FEATURES, HEARING AND VISION. THEY CAN ALSO HAVE DELAYED DEVELOPMENTAL MILESTONES, SUCH AS WALKING AND SPEECH. THEY OFTEN HAVE SLEEP AND SUCK ISSUES IN INFANCY AS WELL

BEHAVIORAL ISSUES

LATER IN CHILDHOOD, BABIES EXPOSED TO ALCOHOL CAN HAVE HYPERACTIVITY, EMOTIONAL DYSREGULATION, AND POOR REASONING AND JUDGEMENT. THEY OFTEN HAVE DIFFICULTIES IN SCHOOL

STRATEGIES TO DECREASE ALCOHOL USE

- ASK FOR SUPPORT FROM FAMILY AND FRIENDS
- ATTEND LOCAL AA MEETINGS
- WRITE DOWN REASONS TO STOP DRINKING, SUCH AS YOUR BABY'S SAFETY, SLEEP QUALITY AND IMPROVING YOUR RELATIONSHIPS WITH OTHERS
- REDUCE TEMPTATION- REMOVE ALCOHOL FROM THE HOME AND STAYING AWAY FROM PEOPLE WHO ENCOURAGE YOU TO DRINK
- KEEP BUSY-EXERCISE, FIND A NEW HOBBY, OR BINGE A NEW TV SERIES



NEED ADDITIONAL ASSISTANCE?

WWW.NIAAA.NIH.GOV - NATIONAL INSTITUTE ON ALCOHOL ABUSE AND ALCOHOLISM (NIAAA)

1-800-662-HELP (4357) - SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA) HELPLINE
CONFIDENTIAL, FREE, 24-HOUR-A-DAY, 365-DAY-A-YEAR, INFORMATION SERVICE

WWW.AA.ORG - ALCOHOLICS ANONYMOUS (AA)
LOCATE NEARBY AA MEETINGS



PEACE for MOMS

providing peace of mind for you and for your patient