

Would We Give Our Baby Alcohol? No Way.



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



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

Alcohol goes through the mother's bloodstream to your unborn child.

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

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

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

For information call SAMHSA's FASD Center for Excellence Information Resource Center: (866) STOP-FAS.