

Would We Give Our Baby
Alcohol?
No Way.



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Be an **Have a
healthy baby**
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

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

Enough 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.



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