

**Are you pregnant?
Planning to get pregnant?
Take this quiz!**

1. Do you drink any alcohol?
Yes No
2. Do you smoke tobacco?
Yes No
3. Do you smoke marijuana?
Yes No
4. Do you use other drugs?
Yes No
5. Are you having unprotected sex?
Yes No
6. Do you think there are safe amounts
of alcohol to drink during pregnancy?
Yes No

Did you answer **YES** to any of these questions? If so, learn more about the risks of alcohol and other drug use during pregnancy.

To find **services** or **materials** for you or someone you care about, call the Maine Office of Substance Abuse and Mental Health Services Information and Resource Center at **1-800-499-0027**.

Moms and babies deserve to be healthy.

Learn about the health risks of using alcohol and other substances during pregnancy.

**You are not alone. Help is available!
Dial 2-1-1 to find resources in your area.**

For educational resources contact:

**Maine Office of Substance Abuse
and Mental Health Services
Information & Resource Center
1-800-499-0027
TTY: 711 (Maine Relay)
Email: osa.ircosa@maine.gov**

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Paul R. LePage, Governor

Mary C. Mayhew, Commissioner

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**Learn about the
health risks of
alcohol and
drug use during
pregnancy**

**Plan Ahead...
Give your baby a
healthy start in life!**



What are the risks to a pregnancy?

Use of alcohol, tobacco, marijuana or other drugs at any time during pregnancy increase the risk of:

- Miscarriage
- Premature birth (born too soon)
- Problems with the placenta
- Low birth weight
- Newborn Withdrawal Syndrome
- Sudden Infant Death Syndrome (SIDS)

“I want my baby to be happy and healthy. My pregnancy is alcohol, drug and tobacco free!”

-Mom-to-be



Is alcohol really that dangerous?

There is no safe time, no safe amount and no safe kind of alcohol to drink when pregnant.

Babies exposed to alcohol before they are born can have a fetal alcohol spectrum disorder (FASD) or fetal alcohol syndrome (FAS). The effects can include physical problems and challenges with behavior and learning. A person with an FASD often has a mix of these problems.



- Alcohol is more damaging to a developing baby's brain than any other substance. Fetal alcohol exposure is the #1 cause of intellectual disability (mental retardation).
- A pregnant woman who has been drinking should stop in order to reduce further risk of serious birth defects. Women who drink heavily should talk to their doctor to learn how to quit safely.

FASD is 100% preventable if a woman does NOT drink alcohol when she is pregnant!

What can dads do?

A pregnant woman is not the only one who is expecting! The two of you are in this together and she is going to need your help.

- **Help her stay away from alcohol** by avoiding it as well. You can reduce any temptations she may have by keeping alcohol out of the home. If she has an alcohol problem and can't stop on her own, go with her to get help.
- **Street drugs can hurt your baby.** If you use illegal drugs, stop now for your baby's sake. If you or mom need help in order to stop using, go together to get the help you need to quit.
- **If you smoke, now is the best time to stop.** Second-hand smoke is not good for mom or baby, during pregnancy *and* after!

“Since finding out she's pregnant, we don't even bother to bring alcohol into the house.”

-Dad-to-be

What are the risks to the child?

When exposed to substances during pregnancy, children can have life-long effects, including:

- Brain damage
- Physical deformities
- Facial deformities
- Intellectual disability (mental retardation)
- Poor coordination
- Problems with learning
- Behavioral problems/hyperactivity

PLAN AHEAD: Give your baby a healthy start in life!

- ➔ Half of all pregnancies are unplanned. Even if you are only *thinking* about getting pregnant, talk to your doctor to discuss your health options now. If you smoke or use drugs or alcohol, be sure to use effective birth control to prevent an unplanned pregnancy.
- ➔ Substance use in early pregnancy can have serious health outcomes. If you are using tobacco, alcohol, marijuana or other drugs, it is important to quit before getting pregnant. There are a variety of services available to help you succeed.
- ➔ Some prescriptions and over-the-counter medicines are not safe to use during pregnancy or while breastfeeding. Talk with your doctor about any medicine you take before you get pregnant or if you become pregnant.