Every day you learn more about what you need to do to take care of your body and your developing baby.

You may have heard that it’s okay to have a glass of wine or one beer now and then when you’re pregnant. Or that champagne is good for you. Or that you can drink safely in the first trimester.

Your drinking – even a little now and then – can cause lifelong problems for your child.

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How much is safe to drink when you’re pregnant?

None! There is NO known safe amount. The safest thing for your baby is not to drink alcohol at all. It’s only nine months. You can do it!

I heard that it’s safer to drink alcohol in the first few weeks of pregnancy and then it’s OK again in the last few weeks because the baby is fully formed by then. There is NO safe time to drink alcohol. Babies are developing the entire nine months, so alcohol can affect them at any time.

My sister had a few drinks when she was pregnant and her kids are fine. So I should be able to drink and be OK, too, right?

Women’s bodies’ process alcohol at different rates, so one woman may be able to drink more than another woman with fewer negative effects to the fetus. Since there is no reliable way of testing for this, there are no guarantees that your baby won’t be harmed.

The U.S. Surgeon General in 2005 warned “pregnant women and women who may become pregnant to abstain from alcohol consumption in order to eliminate the chance of giving birth to a baby with any of the harmful effects of the Fetal Alcohol Spectrum Disorders (FASD),” adding, “Alcohol-related birth defects are completely preventable.”

www.prevention.org
You wouldn’t put alcohol in your baby’s bottle. When you drink while pregnant, your baby drinks.

Babies exposed to alcohol can suffer from:
- Heart defects
- Permanent brain damage
- Behavior problems
- Stunted growth
- Facial deformities

You can prevent this lifelong damage by doing one simple thing –

Don’t drink while pregnant.

Make sure your family and friends know the facts about drinking during pregnancy.

For more information and helpful Web sites visit www.prevention.org.

If you or someone you care about needs help to stop drinking, visit www.findtreatment.samhsa.gov for the nearest alcohol and drug treatment center.

Who We Are
Prevention First is an Illinois nonprofit organization specializing in drug abuse prevention and its related issues since 1980. We collaborate with the foremost state and national authorities on Fetal Alcohol Spectrum Disorders (FASD). Since 2008, we have provided training on the FASD Screening and Brief Intervention for Pregnant women to Illinois WIC Health Professionals.

Don’t Drink While Pregnant

Give your baby the best chance at a healthy life.

www.prevention.org

The facts about alcohol & your baby.