

Alcohol Can Harm the Way Your Baby Learns and Behaves.

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

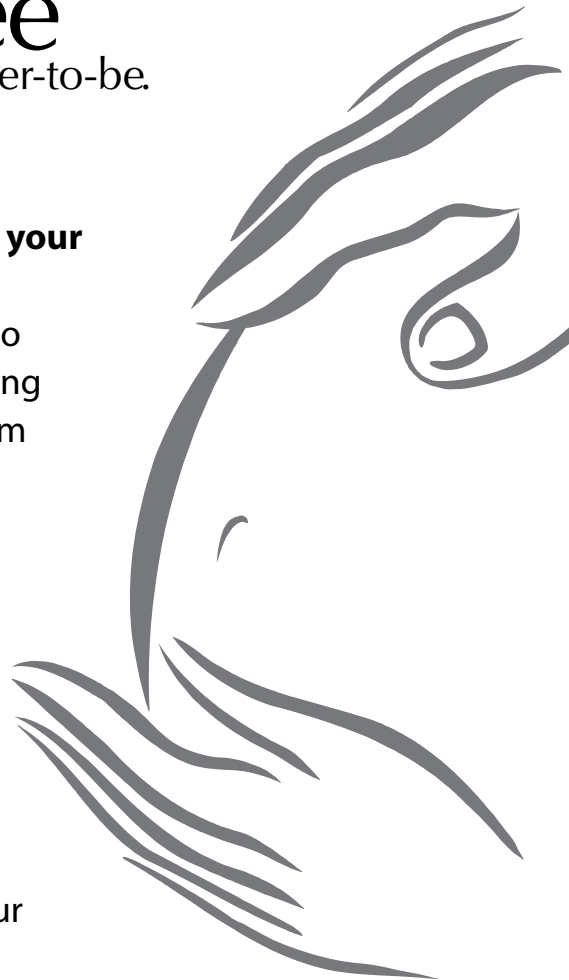
You can prevent problems for your baby that cannot be cured.

When you're pregnant, there is no known safe level of alcohol. Everything you drink goes into your bloodstream and passes to your baby.

Children whose mothers drink alcohol can be born small. They can have trouble eating and sleeping. They can have problems learning and paying attention. Some may even need lifelong medical care.

It's the same risk for all mothers- and fathers-to-be. You can protect your baby's future and your own future.

For information call:



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

 **FASD** Partnership to Prevent
Fetal Alcohol Spectrum Disorders
Prevention.samhsa.gov/faspartners/