



A Step to a Healthier Baby

Workbook

ACKNOWLEDGEMENTS

This Workbook was developed by Mary J. O'Connor and Shannon E. Whaley with support from the National Institute of Alcohol Abuse and Alcoholism and the National Institutes of Health, Office of Research on Minority Health (NIAAA #AA12480, O'Connor, P.I). Their workbook was adapted with the permission of Michael Fleming and Janet Hankin.

This Workbook is Yours

This workbook is for pregnant women. This workbook will help you and your counselor discuss your alcohol use.

- The workbook is yours to keep.
- There are questions for you in the workbook.
- Write your answers in the Workbook.

If you drink, your unborn baby drinks too.

Drinking when you are pregnant can
harm your unborn baby.



Drinking during pregnancy can cause these problems.

Major Problems

- Small Size
- Deformed Face
- Heart Problems
- Mental Retardation

Other Problems

- Eating and Sleeping
- Hyperactivity
- Attention
- Language Development
- Memory
- Learning
- Hearing and Vision

**You can have a healthier baby
if you quit drinking.**



**There is no safe level of drinking
while you are pregnant.**

Risky Situations

People drink for different reasons. Try to think about what causes you to drink. Circle the ones that apply to you.

When do you feel like drinking?

When feeling:

- Depressed
- Frustrated
- Bored
- Nervous
- Lonely
- Angry
- Failure

At these times:

- Watching TV
- At parties
- With meals
- When smoking
- After work
- Weekends
- Arguments
- Feel happy drinking
- Celebrations
- When cannot sleep

Because of or with:

- Children
- Family
- Friends
- Other people

Are there any other reasons why you drink? List these below.

Ways to Cope with Risky Situations

It is important to figure out how you can resist drinking in risky situations. Here are some ways.

- Grab a snack
- Telephone a friend
- Talk to a neighbor
- Go for a walk
- Exercise
- Read a magazine
- Tell yourself that drinking will not improve the situation
- Drink water, soda, juice, or other drinks without alcohol

List ways you could cope with risky situations without drinking alcohol:

Think about these situations and the ways you will cope without drinking alcohol.

What is one standard drink?

Each one of these is one standard drink.



One standard drink is
12 ounces of regular beer or light beer
(5% pure alcohol)



One standard drink is
12 ounces of wine cooler
(5% pure alcohol)



One standard drink is
5 ounces of table wine
(12% pure alcohol)



One standard drink is
1½ ounces of hard liquor
(gin, rum, vodka, whiskey)
(40% pure alcohol)



One standard drink is
3 ounces of fortified wine
(18-20% pure alcohol)

These are more than one standard drink.



7.5% or 6%
pure alcohol

=



3 cans of regular beer



8% pure alcohol

=



5 ¹/₃ cans of regular beer



6% pure alcohol
40 ounces

=



4 cans of regular beer

Set Your Goal

Decide on a drinking limit for yourself for the next month. A reasonable goal for pregnant women is not drinking any alcohol.

What would you like to do?

Stop drinking

Cut down

How sure are you that you can stop or cut down on your drinking for **one month**?

- | | | | | |
|---|---|---|--|---|
| 1
I cannot stop/
cut down
drinking | 2
I am not sure
if I can cut
down/stop
drinking | 3
Maybe I can
cut down/stop
drinking | 4
Probably I can
cut down/stop
drinking | 5
I am sure I can
cut down/stop
drinking |
|---|---|---|--|---|

Drinking Goals

What will be the maximum you will drink during the next month?

Maximum number
of days you will
drink per week

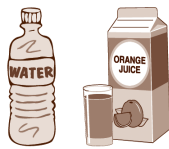
x

Maximum number
of drinks per day

=

Maximum number
of drinks in a
week

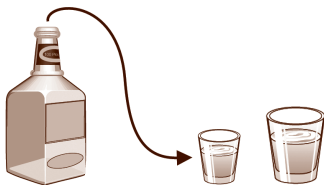
If you cannot stop drinking right now, here are ways to cut down.



Drink juice, soda, or water instead of alcohol



Sip your drinks



Measure your drinks



Add a lot of water to hard liquor
(whiskey, rum, gin)



Eat food when you drink



Do not drink from the bottle

Visit Summary

We have covered a lot today. Think of the points below over the next few weeks. Remember, you are changing a habit, and that can be hard work. It will become easier with time.

- **Remember your goal to stop or cut down your drinking.**
- Tell your drinking goal to helpful people—people who will help you achieve your goal.
- Reread your workbook.
- Think each day about the reasons you are changing your drinking. Think about your reasons when you eat, brush your teeth, or during other things you do each day.
- If you are tempted to drink and do not drink, feel happy with yourself. You are breaking your old habit.
- When you feel you want to drink, tell yourself the feeling will pass.
- At the end of each week, think about how many days you did not drink.
- Some people have days when they drink too much. If this happens to you, start the next day fresh. Return to your goal. **Do not give up.**
- Your health care visits are important. Please remember to keep your next appointment.

You will do well!

Notes