

## Alcohol, Marijuana and Pregnancy

- Alcohol and marijuana are toxic to an unborn baby.
- Drinking during pregnancy can cause Fetal Alcohol Syndrome (FAS), which may lead to: Physical deformities, stunted growth, brain damage and learning disabilities
- Marijuana use increases risks of neonatal intensive care unit admission, had lower birth weights, higher stillbirth rates, and lower Apgar scores
- No amount of alcohol is considered safe during pregnancy—avoid it entirely.

## Drugs and Pregnancy

- Illegal street drugs are never safe for an unborn baby.
- Drug use during pregnancy can cause severe birth defects, developmental delays, and other health problems.
- Some prescription drugs and supplements can be harmful during pregnancy—always check with your doctor and read labels carefully for pregnancy and breastfeeding warnings.

## Why It Matters

- Avoiding alcohol, marijuana and harmful drugs during pregnancy helps protect your baby's growth and development.
- Choosing a healthy lifestyle for nine months can have lifelong benefits for your child.
- Pregnancy is a time when many mothers find new strength and courage to make the best choices for their baby.

## Key Takeaway

- By avoiding alcohol, marijuana, and unsafe drugs, you give your baby the best possible chance for a healthy, happy life.

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