

9. You'll feel better throughout your pregnancy.

✓ You may have more energy because you are not drinking.

10. Your baby deserves the best possible start in life.

✓ Saying no to alcohol is an important step in helping your baby grow strong and healthy.

*Not drinking alcohol at all is the safest for you and your baby!*



## A HEALTHY PREGNANCY

If you are pregnant, beer, wine and other types of alcohol can be very dangerous. Babies whose mothers drink have a high risk of being born with Fetal Alcohol Syndrome (FAS). Look inside this pamphlet to see why it's best not to drink at all if you are pregnant.

## FOR YOU AND YOUR BABY

This pamphlet is not a substitute for professional medical care. If you have questions or concerns, please talk with a health care provider.

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## A HEALTHY PREGNANCY

# Alcohol and Pregnancy

## Ten Best Reasons Not to Drink



## FOR YOU AND YOUR BABY

Drinking alcohol while pregnant can hurt your baby. Look below to see why it is best not to drink at all while you are pregnant.

1. If you drink alcohol while pregnant, you have a higher chance of losing your baby.

- ✓ You may have a miscarriage.
- ✓ Your baby may be born too small.
- ✓ He or she may be stillborn.

2. Alcohol is the biggest cause of birth defects.

- ✓ Your baby could be born with mental and physical problems. This is called Fetal Alcohol Syndrome (FAS).

3. Fetal Alcohol Syndrome will last your child's whole life.

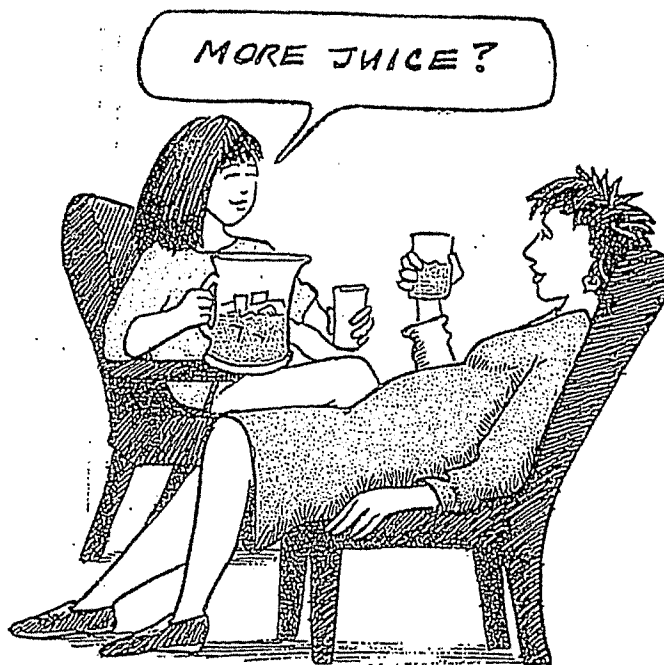
- ✓ Your child may have problems eating, sleeping, learning and getting along with others.

*Even a small amount of alcohol may be harmful to your baby.*



4. No amount of alcohol is proven to be safe.

- ✓ All types of alcohol – including beer, wine, wine coolers, hard liquor and mixed drinks -- can be dangerous.
- ✓ Even a small amount of alcohol may harm your baby.



*Drinking juice or water is healthier for your baby.*

5. Not drinking at all is safest.

- ✓ You may have heard of women who drank and their babies were OK. But sometimes the baby isn't OK.
- ✓ Is it really worth the risk?

6. Stopping now will give your baby the best chance of being born healthy.

- ✓ If you drank alcohol before you realized how dangerous it was, you can stop now.

7. You can say no to alcohol.

- ✓ Say, "I'd rather have juice." Or, "I'm not drinking while I'm pregnant."

8. If you can't stop drinking, get help right away.

- ✓ Your health care provider can help you find a counselor or an alcohol treatment program.

*If you can't stop drinking, get help!*

