

Give your baby the best start in life

When you are pregnant, you can give your baby the best start in life by refusing to use tobacco, alcohol and other drugs, including over-the-counter medications, unless ordered by your doctor. Eat the right foods, get a lot of rest, exercise, take care of yourself, see your doctor regularly and find help if you need it.

If you use tobacco, alcohol or other drugs, including over-the-counter drugs such as aspirin or cold tablets, your baby can be harmed permanently. Your baby can have greater problems with learning, behavior and sickness. Remember, if you are presently using drugs, alcohol, or other drugs, quitting now increases your baby's chances of being healthy.

During pregnancy, your baby's problem with

Alcohol

- Birth defects
- Limb abnormalities
- Low birth weight
- Small head size
- Fetal alcohol syndrome – deformed face, behavior problems, retardation

Tobacco

- Premature birth
- Low birth weight
- More vulnerable to illness and disease

Cocaine

- Stillbirths, miscarriages
- Drug withdrawal symptoms
- Sudden infant death
- More crying than normal
- Less growth than normal
- Trouble eating and sleeping
- Developmental problems

Heroin

- Low birth weight
- More crying than normal
- Trouble eating and sleeping
- Drug withdrawal symptoms

Marijuana

- Premature birth
- Shaking and irritability
- Sudden infant death
- Low birth weight

Crack

- Small head size
- Shaking, stiffness of muscles
- Trouble eating and sleeping
- Less growth than normal
- More crying than normal
- Learning problems

PCP and LSD

- Behavior problems
- Violent temper tantrums
- Poor motor skills
- Sight and hearing problems

