



children suffer the most

- Using meth when you're pregnant can cause your baby to be born with birth defects.
- A mother's drinking during pregnancy is the most common cause of mental retardation in the U.S.
- Using marijuana can cause your baby to shake and have trouble sleeping.



Uniting Fresno for Healthy Communities

1-800-640-0333



Fresno County Human Services System, Department of
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Pregnancy, Drinking and Drugs

*Stay alcohol & drug free
during pregnancy*



Uniting Fresno for Healthy Communities

Don't Drink or Take Drugs

It is not safe to drink or take drugs at any time while you are pregnant.

If you use any:

- Beer, wine, wine cooler or liquor
- Marijuana, cocaine or meth

Your baby could:

- Have a stroke or have brain damage before birth.
- Be born too small, too soon and so sick your baby could die.

Birth Defects and Lifelong Problems

As few as one or two drinks a day during pregnancy can cause your baby to be born with Fetal Alcohol

Syndrome and have a small head, small brain, facial deformities and be mentally retarded.

Marijuana, cocaine or meth can cause your baby to have attention disorders,

behavioral problems and trouble learning in school.

Drugs and alcohol are passed through breast milk to your baby.



For Confidential Help Call Babies First

Babies First will help you find confidential help to stop drinking or using drugs. We will help you find the support that you, your baby and your children need.

You can also call the following treatment programs. These programs help women to stop using. They provide support as women learn to have a healthy lifestyle free of drugs and alcohol.

- Fresno County's Perinatal Addiction Treatment and Health Services program (PATHS), an outpatient program – 453-8300
- M'ella House, a residential program – 265-4800
- Spirit of Woman, a residential program – 244-4353

You have the facts.

Why risk your baby's life?

If you're pregnant and drink or use drugs, it's not too late to stop. If you quit now, you'll give your baby a better chance in life.

**People Who Care.
People Who Can Help.
People You Can Trust.**



Find out how Babies First can help.
call 1-800-640-0333

We'll help you and protect your privacy.