

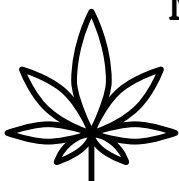
Healthy Moms, Healthy Babies, Healthy Families

Many parents and caregivers don't know the effects of substance use during pregnancy. Everyone needs the facts!



Alcohol

- Can cause abnormal growth and development in the baby; the baby's brain is the main target.
- Can lead to changes in learning, attention, reading, memory and difficulty making decisions.
- There is no known safe amount of alcohol or safe time to use alcohol during pregnancy.



Marijuana

- Affects all parts of the brain.
- Passes easily through the placenta from mom to baby and can interfere with the baby's brain development leading to changes in emotions, learning abilities, and memory.
- Should not be used during pregnancy. There is no evidence that marijuana helps morning sickness.



Cigarette Smoking (nicotine/ tobacco)

- Decreases the amount of oxygen available to the developing baby.
- Can lead to low-birth weight and growth deficiencies and affect how the placenta functions.
- Has been associated with an increased risk of stillbirth and Sudden Infant Death Syndrome.
- E-cigarettes may contain nicotine and are not encouraged during pregnancy.



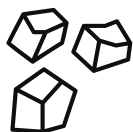
Second-Hand Smoke

- Anyone who smokes cigarettes or marijuana around the baby can cause second-hand smoke exposure.
- Second-hand smoke exposure can cause problems with asthma, respiratory infections, ear infections and is associated with Sudden Infant Death Syndrome.

Opioids



- Decrease blood flow and oxygen to the baby and can cause growth problems, low birth weight and changes in brain development.
- Can cause withdrawal symptoms in the newborn that often need to be managed in the neonatal intensive care unit.
- Medications to treat opioid use disorder are safe for both the mother and the baby.



Methamphetamines

- Transfer easily to the baby during pregnancy and will decrease blood flow and oxygen to the baby.
- Can lead to pre-term birth, growth deficiencies and problems with the placenta like abruption.
- Can also affect the baby's brain development.



All of these substances can also transfer through breastmilk to the baby. Mothers should avoid substance use when breastfeeding.

**Please share this information with
family and friends.**