

Increase Your Chances of Having a Healthy Baby

Plan your pregnancy

This way you'll be sure to be alcohol and drug free when you do get pregnant.

Get good prenatal care

Visit your doctor or clinic as soon as you think you are pregnant. Attend ALL appointments.

Eat well

Eat a balanced diet. Your baby needs good nutrition.

Don't drink alcohol

Beer, wine, wine coolers and hard liquor all contain alcohol. Alcohol can cause facial deformities and mental retardation in babies.

Don't use any illegal drugs.

Drugs pass through you into your baby's body. Drugs can cause babies to be born too early, have seizures and even die.

Don't use herbal supplements

Consult first with your doctor before using any herbal supplement or over-the-counter medicine.

Remember, if you think you have a problem with alcohol or drugs it is never too late to stop. The sooner you stop, the better chance your baby has to be healthy. Your doctor can refer you to help.

for more information on treatment services call

1-800-238-2333

Addictions Hotline of New Jersey
www.njdrughotline.org

Perinatal Addictions Prevention Project 

for more information about the Perinatal Addictions Prevention Project contact

Southern New Jersey Perinatal Cooperative
2500 McClellan Avenue, Suite 250
Pennsauken, New Jersey 08109

856-665-6000
snjpc.org

The Perinatal Addictions Prevention Project (PAPP) is a statewide substance abuse screening, prevention, and education initiative funded by the NJ Department of Health and Senior Services. In the South Jersey region, the program is administered by the Southern New Jersey Perinatal Cooperative.



Keep Your Baby Safe

25 reasons to stop using drugs and alcohol during pregnancy

Perinatal Addictions Prevention Project 

How Alcohol and Drugs Can Hurt Your Baby

There are many risks to using alcohol and drugs while pregnant. From newborn heart attacks to miscarriage— both mother and baby are in danger. If you are pregnant and continue to use alcohol and drugs it is important that you understand what's at risk.

- Drink alcohol and risk having a baby with brain damage or facial deformities.
- Take cocaine and risk having a baby born too early and too small.
- Take cocaine and risk causing your baby to have a heart attack.
- Smoke tobacco and risk having a stillborn or miscarriage.
- Take heroin and risk causing your baby to have seizures.
- Smoke marijuana and risk having a low-birth weight baby.

If you are pregnant and think you or your baby are at risk, please talk to your doctor. Help is available.

| | | RISK TO MOTHER | RISK TO BABY |
|--------------------|-----------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| COMMON DRUGS | ALCOHOL <i>beer, wine, liquor, wine coolers</i> | <ul style="list-style-type: none"> • miscarriage • early birth | <ul style="list-style-type: none"> • low birth weight • physical deformities • sleeping problems • brain damage |
| | TOBACCO | <ul style="list-style-type: none"> • miscarriage • early birth | <ul style="list-style-type: none"> • stillborn • low birth weight • sudden infant death syndrome (SIDS) |
| PRESCRIPTION DRUGS | BENZODIAZEPINES <i>Valium, Xanax, Librium</i> | <ul style="list-style-type: none"> • risk of early birth • confusion | <ul style="list-style-type: none"> • withdrawal symptoms • difficulty breathing • possible cleft palate |
| ILLEGAL DRUGS | MARIJUANA | <ul style="list-style-type: none"> • miscarriage • early birth • slow reaction time | <ul style="list-style-type: none"> • low birth weight • tremors |
| | COCAINE | <ul style="list-style-type: none"> • increased heart rate • high blood pressure • early birth • miscarriage | <ul style="list-style-type: none"> • heart attacks • low birth weight • stroke • trouble sleeping • increased risk for sudden infant death syndrome (SIDS) |
| | HEROIN | <ul style="list-style-type: none"> • miscarriage • slow heart rate • increased risk for infections • early birth • addiction | <ul style="list-style-type: none"> • stillborn • heroin withdrawal • tremors, seizures • low birth weight |
| | METH <i>(Methamphetamine)</i> | <ul style="list-style-type: none"> • increased heart rate • high blood pressure • early birth | <ul style="list-style-type: none"> • low birth weight • small brain |