




Smoking, drinking, & drugs affect you & your baby

When you smoke, drink, or take drugs, your baby does, too! Smoking, drinking, and/or taking drugs can increase your risk for problems. Your baby is at more risk for problems, too.



Pregnant women who smoke have more chances for these problems:	Babies born to pregnant women who smoke have more chances for these problems:
<ul style="list-style-type: none"> • Vaginal bleeding • Ectopic pregnancy • Miscarriage or stillbirth • Preterm birth 	<ul style="list-style-type: none"> • Low birth weight • Crib death • Less able to fight infections, like colds, after being born • Some may learn more slowly when they go to school

Pregnant women who drink alcohol have more chances for these problems:	Babies born to pregnant women who drink alcohol have more chances for these problems:
<ul style="list-style-type: none"> • Miscarriage • Stillbirth 	<p>Fetal Alcohol Syndrome (FAS) - when the mother drinks a lot. With FAS, the baby is apt to have one or more of these things:</p> <ul style="list-style-type: none"> • Low birth weight • Intellectual disabilities and learning problems • Behavior problems • Health problems • Body defects <p>{Note: There is no safe level of alcohol for pregnant women. It is best not to drink at all.}</p>

The pregnant woman who takes drugs has more chances for these problems:	Babies born to mothers who take drugs are at risk for these problems:
<p><i>From cocaine (also called "crack"):</i></p> <ul style="list-style-type: none"> • Early miscarriage • High blood pressure • Heavy bleeding late in pregnancy • Sudden death, heart attack, or stroke • If the mother shares needles with other drug users, she also is at more risk for Hepatitis B and HIV/AIDS. <p><i>From heroin and other narcotics:</i></p> <ul style="list-style-type: none"> • Preterm birth • Stillbirth • If the mother shares needles with other drug users, she is at more risk for Hepatitis B and HIV/AIDS as well. <p><i>From marijuana (also called "pot" or "grass"):</i></p> <ul style="list-style-type: none"> • Changes in mood and sense of reality • Preterm birth 	<p><i>From cocaine (also called "crack"):</i></p> <ul style="list-style-type: none"> • Low birth weight • Slow growth • Tend to have smaller than normal heads and brains • May have brain injury • Crib death • Body defects • Learning problems • Behavior problems <p><i>From heroin and other narcotics:</i></p> <ul style="list-style-type: none"> • Low birth weight • Slow growth • Addicted to the drug when born • Trouble thinking and learning • Behavior problems <p><i>From marijuana (also called "pot" or "grass"):</i></p> <ul style="list-style-type: none"> • Low birth weight • May have behavior problems