

# BABY FOOD?



*How can I get  
more information?*

**Indiana Family Helpline, Call:  
1-800-433-0746**

Hours: 8:30am - 4:30pm  
Monday - Friday

Or Write:

**Indiana State Department of Health  
Division of Maternal and Child Health  
Bureau of Family Health Services  
2 North Meridian Street, Suite 700  
Indianapolis, Indiana 46204**



**Indiana State  
Department of Health**

Distributed by  
Prenatal Substance Use Prevention Program

"The production of this brochure was supported by contract 89-4920-01 from the Indiana Department of Mental Health, Division of Addiction Services. However, its contents are solely the responsibility of the Indiana State Department of Health and are in no way the responsibility of the Department."

**I**f you drink alcohol, smoke cigarettes, or use other drugs, it is dangerous for your baby

**Call Now  
And Get Help!**



**I**f you are pregnant or planning a pregnancy, help prevent birth defects by not using alcohol or other drugs.

**When You Use,  
You Both Lose!**



## What happens when drugs are taken during pregnancy?

Alcohol and other drugs are carried through the mother's bloodstream to the unborn baby. Drugs may

cause low weight at birth or birth too early. These problems increase the risk for sickness and even death for the baby!

## What about taking prescribed drugs during pregnancy?

When you find out that you are pregnant, ask your doctor or nurse whether or not to take prescription drugs and even over-the-counter drugs such as aspirin or cold tablets.



## What can happen to my baby if I use alcohol or other drugs when I am pregnant?

### Alcohol

Fetal Alcohol Syndrome:

1. Low weight at birth and short length
2. Small head size
3. Facial defects
4. Learning and behavior problems

Fetal Alcohol Effects:

1. Growth and learning problems

### Tobacco

1. Low weight at birth
2. Death before birth
3. Birth too early

### Marijuana

1. Death before birth or at birth
2. Birth too early
3. Low weight at birth

### Cocaine

1. More crying than normal
2. Death before or after birth
3. Less growth than normal
4. Trouble eating and sleeping

### Crack

1. Small head size
2. Less growth than normal
3. Learning problems
4. More crying than normal
5. Trouble eating and sleeping

### Heroin

1. Low weight at birth
2. More crying than normal
3. Trouble eating and sleeping
4. Death at birth

### PCP and LSD

1. Death before birth
2. Behavior problems as baby gets older

## Take good care of yourself and your baby before, during, and after pregnancy.

1. Do not use alcohol or other drugs while pregnant or breastfeeding unless directed by a physician.
2. Eat the right foods.
3. Get a lot of rest.
4. Lower stress by walking or by talking to friends.
5. Get medical care.
6. Find help if you need it.

## When You Use, You Both Lose!

Call:

**1-800-433-0746**

Family Wellness Helpline

*It is never too late to quit and help is available!*



*Help give your baby a healthy start.*