



# 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"><li>• Vaginal bleeding</li><li>• Ectopic pregnancy</li><li>• Miscarriage or stillbirth</li><li>• Preterm birth</li></ul>	<ul style="list-style-type: none"><li>• Low birth weight</li><li>• Crib death</li><li>• Less able to fight infections, like colds, after being born</li><li>• Some may learn more slowly when they go to school</li></ul>

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