

Have a
healthy baby.
Be an
alcohol-free
mother-to-be.



When You're Pregnant,
Your Baby Drinks What You Drink.



DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention
www.samhsa.gov

Even beer and wine can hurt your unborn baby.

When you drink a glass of beer, wine, or a wine cooler, it passes through your bloodstream to your baby. And your baby gets just as much alcohol as when you have a mixed drink with hard liquor.

The best time to stop drinking is when you decide to get pregnant. If you're already pregnant and stop now, you can still help your baby.

It's the same for every pregnant woman. Every drink is one too many.

**For information call:
Information Resource Center
(866) STOP-FAS**

Prototype

