



## The time to stop is now.

Using drugs and alcohol during pregnancy is dangerous. There is no safe limit. There is no safe time to use. No matter what you have heard or experienced, each pregnancy is different. Every time a pregnant woman lights up, drinks alcohol or uses drugs — she takes a chance with her baby's health.



### IF YOU NEED HELP

Talk to your healthcare provider or contact one of the organizations listed on the back of this brochure.

## How to Contact Us

*This program is funded by a grant from the NJ Department of Health and Senior Services and is supported by the NJ Maternal Child Health Consortia Network. Contact the organizations listed below to reach a perinatal risk-reduction specialist in your region.*

**Central New Jersey Maternal & Child Health Consortium, Inc.**  
2 King Arthur Court, Suite B, North Brunswick, NJ 08902  
(732) 937-5437 • [www.cnjmchc.org](http://www.cnjmchc.org)

**Gateway Northwest Maternal & Child Health Network**  
194 Speedwell Avenue, Morristown, NJ 07960  
(973) 290-9444 • [www.gatewaymch.org](http://www.gatewaymch.org)

**Hudson Perinatal Consortium, Inc.**  
242 10th Street, Jersey City, NJ 07302  
(201) 876-8900 • [www.hudsonperinatal.org](http://www.hudsonperinatal.org)

**Northern NJ Maternal Child Health Consortium**  
17 Arcadian Avenue, Suite 204, Paramus, NJ 07652  
(201) 843-7400 • [www.maternalchildhealth.org](http://www.maternalchildhealth.org)

**Regional Perinatal Consortium of Monmouth and Ocean Counties, Inc.**  
725 Airport Road, Suite 1C, Lakewood, NJ 08701  
(732) 363-5400 • [www.rpcmoc.org](http://www.rpcmoc.org)

**Southern NJ Perinatal Cooperative**  
Kevon Office Center, Suite 250  
2500 McClellan Avenue, Pennsauken, NJ 08109  
(856) 665-6000 • [www.snjpc.org](http://www.snjpc.org)



# The TRUTH about substance use during pregnancy

*Give your baby a chance that only you can offer — a healthy birth.*



## Perinatal Addiction Prevention Project

# MYTHS & FACTS



**MYTH:** It is ok to drink beer or wine while pregnant because it is not a strong enough drink to hurt the baby.

**FACT:** Beer, wine and wine coolers are just as dangerous as other alcohol and drugs. A 12 ounce can of beer has the same amount of alcohol as a 1½ ounce shot of hard liquor or a 3-5 ounce glass of wine.

**MYTH:** I have friends who drank, smoked or used other drugs early in their pregnancies, and their babies were not affected.

**FACT:** Any time you quit during pregnancy improves your chances of giving birth to a healthy baby.

**MYTH:** I smoked cigarettes with my first pregnancy and the baby was just fine.

**FACT:** Every pregnancy is different. Alcohol, tobacco or other drugs may hurt one baby more than another.

**MYTH:** There's nothing wrong with my baby and I had an occasional drink during my pregnancy.

**FACT:** Using alcohol, tobacco or other drugs during pregnancy can lead to problems later in life. These may include asthma, trouble with the law, disrupted school experience or inappropriate sexual behaviors.

## *A New Initiative*

The Perinatal Addiction Prevention Project is a statewide effort to help women in New Jersey understand the real risks of using alcohol, tobacco, illegal and prescription drugs during pregnancy. If you are worried, or have tried to stop before but can't, we want to let you know that help is available.

Our mission is to help you reduce the risks linked to substance use during this and future pregnancies.

Our goal is to help you have a successful pregnancy and a healthy baby.

## *What You Can Do*

Tell your healthcare professional you want to be screened. Screening is the best way to make sure you get appropriate care and assistance for a healthy pregnancy and healthy birth.

**During pregnancy, if you use alcohol, tobacco or other drugs your baby could:**

Be born too early

Have a low birth weight

Have breathing problems

Have feeding problems

Have sleeping problems

Be open to more ear and upper respiratory infections

Have delays in development

Have learning disabilities

Be subject to early substance use

**ASK FOR HELP NOW.  
DO IT FOR YOU. DO IT FOR YOUR BABY.**

*Talk to your healthcare professional about your concerns. They have information about programs that can help you right now.*