

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



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

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Even beer and wine
can hurt your unborn child.

When you drink a glass of beer, wine, or a wine cooler, it goes into your blood-stream and passes 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 risk for every pregnant woman. Every drink is one too many.

**For information call SAMHSA's
FASD Center for Excellence
Information Resource
Center: (866) STOP-FAS.**

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