



MY BABY & ME  
WISCONSIN WOMEN'S  
HEALTH FOUNDATION

**For More Information:**

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My Baby & Me is presented in partnership  
with the Department of Health  
and Family Services.



## My Baby & Me

A program to help pregnant women stay alcohol-free.

### Alcohol and Pregnancy

- The safest choice is to not drink alcohol.
- There is NO known safe amount of alcohol to drink during pregnancy.
- There is NO known safe time to drink alcohol during pregnancy.
- A pregnant woman never drinks alone. Your baby drinks what you drink.

### If you are pregnant and use alcohol...

- It is never too late to stop drinking.
- If you have been drinking during your pregnancy, stop now. Help is available.
- Every time you choose not to drink, you're helping your baby.

### Tips to Stay Alcohol-Free

Remember, your baby can't say no, however:

- It's okay to say no if someone offers you an alcoholic drink.
- You don't have to drink alcohol when other people drink.
- You don't have to drink even if other people want you to drink.
- Surround yourself with people who support you.
- Stay away from people who are drinking alcohol and places where alcohol is served.
- Don't keep alcohol at home.
- Let others know your decision to not drink during your pregnancy.



Every Woman Wants A Healthy Baby.

If you are pregnant don't drink alcohol.

### Effects of Alcohol

Research has shown that when a pregnant woman drinks alcohol, her baby can develop a number of permanent problems, often called Fetal Alcohol Spectrum Disorders (FASD).

Fetal Alcohol Syndrome (FAS) is one medical condition caused by drinking during pregnancy.

FASD is totally preventable.

### My Baby & Me

By enrolling in this program, you will receive, at no cost to you:

- Ongoing personal, individualized counseling and education sessions
- Self-help materials
- Gifts to celebrate your success
- Additional support services as needed

We are here to help you stay alcohol-free.

Talk with your Prenatal Care Coordinator about joining My Baby & Me today!