

MANY DRUGS AFFECT BABY'S HEALTH

Research has shown that alcohol, tobacco, marijuana and other drugs affect the development of the unborn child. This is because the chemicals contained pass easily from the mother's body to the baby's through the placenta. Drug use while breastfeeding can also cause problems.



ALCOHOL

Using alcohol while you are pregnant can cause your baby to develop a group of conditions called foetal alcohol spectrum disorder, which affect physical and emotional development, behaviour and learning. At no time in pregnancy is it safe to use alcohol.



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TOBACCO

Manufactured cigarettes contain tobacco. Fanta is wild tobacco. Tobacco contains a drug called nicotine which is addictive. Smoking tobacco when pregnant can damage a baby's developing lungs and brain. It can lead to premature delivery, low birth weight or stillbirth. Second hand smoke from others is also dangerous.



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MARIJUANA

Smoking marijuana, also called weed, or second hand smoke from someone else can cause low birth weight and prevent an unborn child's brain from developing normally. Stillbirth can also result. Using marijuana in drinks, food or even creams/lotions exposes babies to the the compounds it contains and is unsafe.



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The danger to babies from a mother's drug use doesn't end after birth. Many drugs are passed on to baby in breast milk, and can continue to have a negative effect on baby's birth.

The use of alcohol and other drugs can affect a mother's ability to focus, her mood, her ability to sleep or remain awake, and the coordination of her movements.

Even if a woman does not breastfeed her baby, the effect that these substances can have on her physical and mental health can prevent safe, effective and loving parenting. Secondhand smoke from cigarettes or spliffs that a mother uses can also affect baby.



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As long as drug use is a part of a parent's life, it is a part of a child's life.

If you have been using alcohol or other drugs in your pregnancy, it is never too late to **stop**. A baby's brain development occurs throughout pregnancy and even after it is born, so stopping the use of alcohol and other drugs is always helpful to your baby.

You can get help to stop using drugs and alcohol. Here are some devices that can help you:

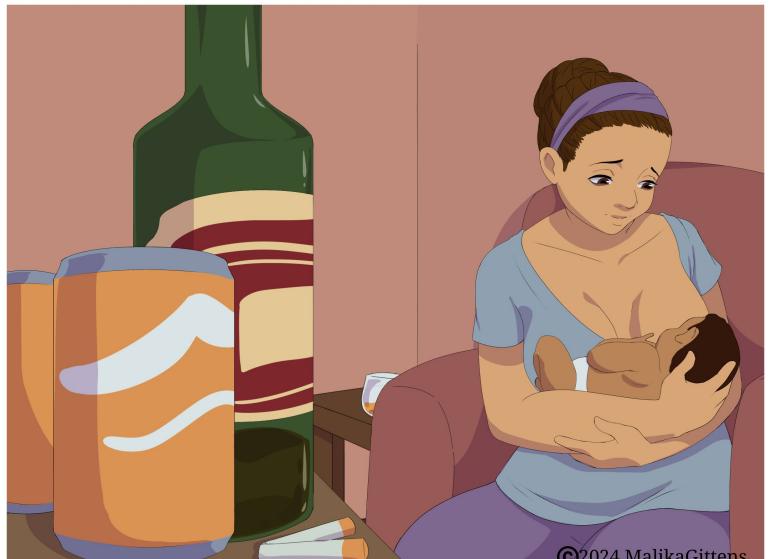
The Centre for Counselling Addiction Support Alternatives (CASA)

(246) 427-5953

(246) 252 - 8540

Substance Abuse Foundation (Verdun House, Marina House 24 hr Hotline

(246) 243-0038



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